

L1 LAGREE CERTIFICATION

LISBON, OCTOBER 9-11
LIMITED TO 8 SPOTS



Hosted by Global Master Trainer Ciarra in Lisbon

FINE CLUB®
lagree — studio

MEET CIARRA

- GLOBAL MASTER TRAINER



With nearly a decade in the fitness industry and a parallel ten-year foundation in luxury hospitality and service, she brings a rare level of depth and precision to the carriage.

Her methodology is defined by intelligent sequencing, precise cueing, and a structured teaching style that removes the guesswork.

By breaking down complex movement into digestible "a-ha" moments, Ciarra guides instructors to move with intention, teach with confidence, and deliver a standard of coaching that is both elevated and enduring.

OPTION 1: Certification for €2,150* (inc. 23% VAT):

- 3-day (24 hours) Level 1 certification with Ciarra
- Official Lagree L1 certification
- Full access to Lagree Academy
- 3-class pack at Fine club
- Daily smoothie
- Fine goodie bag

OPTION 2: Certification + 4-week Fine Academy for €2,950* (inc. 23% VAT)

Everything in option 1, plus:

- 4-week Fine Academy led by Yoo Mee Benowitz (our in-house trainer, with over 13 years of Lagree experience)
- Bi-weekly coaching and structured teaching reps
- Mock trainings with friends and family
- Class programming and playlist development
- Additional 10-class pack at Fine Club
- Brand, culture, and client experience with Fine Sisters



*Early bird price until August 31st - after that extra 200€

WHO IS IT FOR?

- You have been a fan of the Lagree method and want to explore the possibility of teaching it!
- You love Lagree and want to have an in-depth knowledge of the science behind the exercises to upgrade your skill level.
- You'd like to be a part of the fastest-growing workout method that is truly reshaping the fitness industry!
- You're a studio owner or manager or planning to be one!



Recommended: minimum 25 lagree classes before start of the training

Payment: Non-refundable, non-exchangeable. 50% deposit to secure your spot and the remaining 50% due 35 days before the course start date

Please note that completing this certification does not guarantee employment at Fine Club.

BOOK NOW

VIA DM OR EMAIL US AT
HELLO@FINECLUB.CO