

Planning Tigre Chaillot
MAI 2018

| LUNDI | | | MARDI | | | MERCREDI | | | JEUDI | | |
|--|---|---|---|--|---|--|--|--|--|--|---|
| SALLE 1 | SALLE 2 | SALLE 3 | SALLE 1 | SALLE 2 | SALLE 3 | SALLE 1 | SALLE 2 | SALLE 3 | SALLE 1 | SALLE 2 | . |
| 8.30 - 9.30 Ashtanga morning mix Dasha | | | 8.00 - 9.00 Vinyasa Nadia E | 7.30 - 9.30 Ashtanga Mysore Cyril L | 8.00 - 8.45 High Intensity Adrien | | 8.30 - 9.30 Ashtanga morning mix Dasha | | | 8.00 - 10.00 Ashtanga Mysore Cyril L | 7.45 - 8.45 Pilates Hava |
| 9.30 - 10.30 Pranayama & Kriyas Samuel G | 9.30 - 11.00 Kundalini & Gong Véronique R | 9.30 - 10.30 Déesse Naela | 9.00 - 10.00 Hatha Marie Rose P | 9.30 - 10.45 Vinyasa I-II Nadia E | 9.00 - 10.00 Soft Swiss Ball Brigitte P | 9.00 - 10.30 Hatha & Alignement Myrto | 9.30 - 10.30 Pilates I-II Delphine R | 9.30 - 10.30 Pranayama & Méditation Samuel G | | | |
| 10.30 - 11.30 Vinyasa flow Samuel G | | 10.30 - 11.30 Yoga Maman-Bébé Masha | 10.00 - 11.00 Body Enhance Naela | | | 10.30 - 11.30 Vinyasa flow Samuel G | 10.30 - 11.30 Pilates 0-I Delphine R | | 10.00 - 11.30 Ashtanga 0-I Vanessa | 10.00 - 11.30 Iyengar 0-I Carmen | |
| 11.30 - 12.30 Yoga prénatal Masha | | 11.30 - 12.30 Dynamic Body Sculpt Jennifer D | 11.00 - 12.30 Ashtanga I-II Vanessa | 11.00 - 12.30 Barre au sol I-II Audrey R | 10.45 - 12.00 Qi Gong Franck G | 11.30 - 12.30 Barre au sol I-II Audrey R | | 11.00 - 12.30 Hormones Yoga Kathy W | | 11.30 - 12.45 Vinyasa Masha | 11.30 - 12.30 Barre Flow Danielle |
| 12.30 - 14.00 Iyengar I Mirentchu | 12.30 - 14.00 Vinyasa Sophia L. Mann | 12.45 - 13.45 Initiation Romana Pilates Estelle C | 13.00 - 14.30 Kundalini & Gong Caroline B | 12.30 - 14.00 Jivamukti I-II Carol | 13.00 - 14.00 Pilates I Delphine R | 12.30 - 14.00 Ashtanga Cyril L | 12.30 - 14.00 Iyengar III Luiz B | 12.30 - 14.00 Initiation Vinyasa Stéphane C | 12.30 - 14.00 Kundalini de la Femme Caroline B | 12.45 - 14.15 Jivamukti I-II Carol | 12.30 - 13.30 Barre Flow Danielle |
| | | | 14.30 - 15.30 Yin Yoga Camille S | | | 14.15 - 15.00 Capoeira 4-8 ans Moussa | 14.00 - 15.00 Pilates Delphine R | 14.00 - 14.45 Eveil Danse 3-4 ans Audrey R | | | 13.30 - 14.30 Core Pilates Delphine R |
| | | 14.00 - 15.00 Barre Flow Lesleigh | | | | 15.00 - 16.00 Yoga Eveil 7-12 ans Marion S | | 15.00 - 15.45 Eveil Danse 5-6 ans Audrey R | | | 16.30 - 17.30 Souplesse Audrey R |
| | | | 17.00 - 18.00 Hatha & Yoga du visage Sylvie L | | | 16.00 - 16.45 Baby capoeira 3-4 ans Moussa | 16.00 - 17.30 Barre au sol I-II Audrey R | 16.00 - 16.45 Baby Yoga Eveil Lise B | 16.15 - 17.30 Qi Gong Franck G | 17.00 - 18.00 Swiss Ball Maura M | |
| | | | 18.00 - 19.00 Pilates I Jennifer D | 18.00 - 19.00 Barre Flow Lesleigh | 18.15 - 19.15 Initiation Ashtanga Nicolas L | 16.45 - 17.30 Ludo Yoga 4-7 ans Moussa | | | 18.00 - 19.00 Yoga Prénatal Pauline L | 18.00 - 19.00 Initiation Pilates Maura M | 18.00 - 19.00 Street Dance 8 ans et plus Amandine S |
| 18.00 - 19.00 Méditation Alexis D | 18.00 - 19.30 Iyengar II-III Luiz | 18.30 - 19.30 Vinyasa Flow Anne Gaelle G | 19.00 - 20.30 Hatha Sreeni | 19.15 - 20.30 Ashtanga II Nicolas L | 19.00 - 20.00 Dynamic BodySculpt Jennifer D | 18.00 - 19.15 Yin Yoga Masha | 18.00 - 19.00 Body Enhance Magoma | 18.30 - 20.00 Ashtanga 0-I Laure C | 19.00 - 20.30 Vinyasa flow Pauline L | 19.00 - 20.30 Iyengar I-II Caroline Y | 19.00 - 20.00 Sophrologie Veronica B |
| 19.00 - 20.30 | 19.30 - 21.00 | | | | | 19.15 - 20.45 | 19.00 - 20.30 | 20.00 - 21.00 | | 20.00 - 21.00 | |

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| Ashtanga I - II <i>Fred M</i> | Yin Yoga <i>Anne Gaelle G</i> | | | | | Hatha <i>Anne V</i> | Jivamukti <i>Sophia L Mann</i> | Cardio Boxing <i>Ilyas</i> | High Intensity <i>Arnaud</i> |
| VENDREDI | | | SAMEDI | | | DIMANCHE | | | |
| SALLE 1 | SALLE 2 | SALLE 3 | SALLE 1 | SALLE 2 | SALLE 3 | SALLE 1 | SALLE 2 | SALLE 3 | |
| 9.00 - 10.30 Ashtanga morning mix <i>Dasha</i> | 9.30 - 11.00 Hatha <i>Sreeni</i> | | 10.00 - 11.30 Vinyasa I <i>Katia S</i> | 10.00 - 11.30 Hatha <i>Marie-Rose P</i> | 10.00 - 10.45 Ludo Yoga 6-9 ans <i>Lise B</i> | 10.00 - 11.30 Ashtanga <i>Pauline</i> | 10.30 - 11.15 Capoeira 4 -7 ans <i>Moussa</i> | 10.30 - 11.30 Dynamic Bodysculpt <i>Jennifer D</i> | Yoga |
| 11.00 - 12.00 Barre au Sol I <i>Marie P</i> | | 11.00 - 12.00 Soft Pilates <i>Michèle</i> | 11.30 - 12.30 Barre au Sol I-II <i>Marie P</i> | | 11.00 - 11.45 Baby Yoga Eveil 18 m-3 ans <i>Lise B</i> | 11.30 - 13.00 Vinyasa I <i>Clemence L</i> | 11.30 - 12.30 Pilates Fusion <i>Jennifer D</i> | 11.30 - 12.15 Capoeira 8 -13 ans <i>Moussa</i> | Pilates |
| 12.00 - 13.00 Souplesse <i>Marie P</i> | | 12.00 - 13.00 Body Enhance <i>Naela</i> | 12.30 - 13.30 Souplesse <i>Marie P</i> | 11.30 - 13.00 Asthanga II <i>Patrick F</i> | 11.45 - 12.30 Baby Yoga Eveil 4-5 ans <i>Lise B</i> | 13.00 - 17.00 Atelier * | 12.30 - 14.00 Iyengar I <i>Caroline Y</i> | | Fit Training |
| 13.00 - 14.00 Barre au Sol II <i>Marie P</i> | 12.30 - 14.00 Iyengar III <i>Helen G</i> | 13.00 - 14.00 Stamina <i>Naela</i> | | 13.00 - 14.30 Iyengar II-III <i>Helen G</i> | 14.00 - 15.00 Pilates I-II <i>Hava</i> | | 14.30 - 15.45 Hatha <i>Gwendal</i> | | Barre au sol Danse |
| | 14.00 - 15.30 Iyengar I <i>Helen G</i> | | 14.30 - 16.00 Kundalini <i>Catherine S</i> | | | | 15.45 - 17.00 Cardio Boxing <i>Ilyas</i> | | Méditation Relaxation |
| 16.00 - 17.30 Ashtanga I - II <i>Fred M</i> | | | 16.15 - 17.15 Yin & Gong <i>Camille S</i> | 16.00 - 17.30 Vidyaa Vinyasa Yoga <i>Cassandra K.</i> | 16.00 - 17.00 Hi-Intensity <i>Adrien</i> | 16.45 - 18.15 Jivamukti <i>Sophia L Mann</i> | 16.45 - 18.15 Yoga Intégral <i>Nico S</i> | 17.00 - 18.00 Hi-Intensity <i>iiyas</i> | MiniTigre |
| 17.30 - 19.00 Vinyasa 0-I <i>Stéphane C</i> | 18.00 - 19.00 Romana Pilates I-II <i>Maura M</i> | | 17.15 - 18.45 Ashtanga 0-I <i>Laure C</i> | 17.45 - 19.15 Jivamukti I-II <i>Alex A</i> | 17.00 - 18.00 Yoga prénatal <i>Nadia M</i> | 18.15 - 19.30 Yin Yoga <i>Camille S</i> | 18.15 - 19.30 Vinyasa flow <i>Nadia E</i> | | |
| 19.15 - 20.45 Yin Yoga <i>Camille S</i> | 19.00 - 20.30 Vinyasa I - II <i>Stéphane C</i> | | | | | | | | |
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