

**Planning Tigre Chaillot**  
 Novembre 2017

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	SALLE 3
8.30 - 9.30 Ashtanga morning mix Dasha			8.00 - 9.00 Vinyasa Nadia	8.00 - 8.45 High Intensity Adrien			8.30 - 9.30 Ashtanga morning mix Dasha		8.00 - 10.00 Ashtanga Mysore Cyril Lagel	7.30 - 8.30 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	9.15 - 10.45 Vinyasa I-II Nadia	9.00 - 10.00 Soft Swiss Ball Brigitte P	9.00 - 10.30 Hatha Myrto	9.30 - 10.30 Pilates I-II Audrey P	9.30 - 10.30 Pranayama & Méditation Samuel G	9.00 - 10.00 Hatha flow Emma M		
10.30 - 11.30 Vinyasa flow Samuel G	11.00 - 12.30 Vibhava Yoga Heberson	10.30 - 11.30 Yoga Maman-Bébé Marion S	10.00 - 11.00 Body Enhance Patrick Ely			10.30 - 11.30 Vinyasa flow Samuel G	10.30 - 11.30 Pilates 0-I Audrey P		10.00 - 11.30 Ashtanga 0-I Vanessa	10.00 - 11.30 Iyengar 0-I Mirentchu	10.00 - 11.00 Pranayama & Méditation Emma M
11.30 - 12.30 Yoga prénatal Marion S		11.30 - 12.30 Barre Fusion 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 Jivamukti I-II Sophia L. Mann	12.45 - 13.45 Initiation Romana Pilates Tania S	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 Hava	14.00 - 14.45 Eveil Danse 3-4 ans Audrey R			13.30 - 14.30 Core Pilates Tania
14.00 - 15.30 Ashtanga Vanessa M		14.00 - 15.00 Barre Flow Emma				15.00 - 16.00 Yoga Eveil 7-12 ans Marion S	15.00 - 16.00 Pilates Fusion Jennifer D	15.00 - 15.45 Eveil Danse 5-6 ans Audrey R			
						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	17.00 - 18.00 Street Dance 8-12 ans Amandine
			18.00 - 19.00 Romana Pilates I Tania S	18.00 - 19.00 Barre Flow Emma	18.00 - 19.00 Yoga Nidra Nicolas L	16.45 - 17.30 Ludo Yoga 4-7 ans Moussa			18.00 - 19.00 Yoga Prénatal Pauline	18.00 - 19.00 Initiation Pilates Maura M	18.00 - 19.00 Street Dance 12 ans et + Amandine
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 for men Nicolas L	19.00 - 20.00 Core Pilates Tania S	18.00 - 19.00 Body Enhance Magoma	18.00 - 19.00 Yin Yoga Masha		19.00 - 20.30 Yoga Intégral Nico S	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	18.30 - 20.00		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>	Ashtanga 0-I <i>Laure C</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 Barre Fusion <i>Jennifer D</i>	Yoga
10.30 - 12.00 Vibhava Yoga <i>Heberson</i>	11.00 - 12.00 Barre au Sol I <i>Marie P</i>	11.00 - 12.00 Soft Pilates <i>Hava</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 - 12.15 Capoeira 8 -13 ans <i>Moussa</i>	11.30 - 12.30 Pilates Fusion <i>Jennifer D</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 Asthangas II <i>Patrick F</i>	11.45 - 12.30 Baby Yoga Eveil 4-5 ans <i>Lise B</i>	13.00 - 17.00 Atelier *			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>Tania S</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>	14.30 - 16.00 Initiation Vinyasa <i>Emma</i>			16.00 - 16.45 Pyrfit Cardio <i>Maik</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	16.45 - 18.15 Jivamukti <i>Sophia L Mann</i>	16.45 - 18.15 Yoga Intégral <i>Nico S</i>	17.00 - 18.00 Pyrfit <i>Maik</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 El M</i>		
19.15 - 20.45 Yin Yoga <i>Camille S</i>	19.00 - 20.30 Vinyasa I - II <i>Stéphane C</i>								

\* Ateliers 49€  
 Hors carnet hors forfait