

**Planning Tigre Chaillot**  
Mars 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	7.30 - 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	9.30 - 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			9.00 - 10.30 Hatha & Méditation Emma M
10.30 - 11.30 Vinyasa flow Samuel G		10.30 - 11.30 Yoga Maman-Bébé Marion S	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 Marion S	11.00 - 12.30 Vibhava Yoga Heberson	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 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 Tania	14.00 - 14.45 Eveil Danse Audrey R			13.30 - 14.30 Core Pilates Tania
		14.00 - 15.00 Barre Flow Emma				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 Romana Pilates I Tania S	18.00 - 19.00 Barre Flow Emma	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 Deepu	19.15 - 20.30 Ashtanga for Men Nicolas L	19.00 - 20.30 Core Pilates Tania S	18.00 - 19.00 Body Enhance Magoma	18.00 - 19.00 Yin Yoga Masha	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 Fred M	Yin Yoga Anne Gaelle G					Hatha Anne V	Jivamukti Sophia L Mann	Cardio Boxing Ilyas	High Intensity Arnaud
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 Dasha	9.30 - 11.00 Hatha Hiroko		10.00 - 11.30 Vinyasa I Katia S	10.00 - 11.30 Hatha Marie-Rose P	10.00 - 10.45 Ludo Yoga 6-9 ans Lise B	10.00 - 11.30 Ashtanga Pauline	10.30 - 11.15 Capoeira 4 -7 ans Moussa	10.30 - 11.30 Dynamic Bodysculpt Jennifer D	Yoga
10.30 - 12.00 Vibhava Yoga Heberson	11.00 - 12.00 Barre au Sol I Marie P	11.00 - 12.00 Soft Pilates Michèle	11.30 - 12.30 Barre au Sol I-II Marie P		11.00 - 11.45 Baby Yoga Eveil 18 m-3 ans Lise B	11.30 - 13.00 Vinyasa I Clemence L	11.30 - 12.30 Pilates Fusion Jennifer D	11.30 - 12.15 Capoeira 8 -13 ans Moussa	Pilates
12.00 - 13.00 Souplesse Marie P		12.00 - 13.00 Body Enhance Naela	12.30 - 13.30 Souplesse Marie P	11.30 - 13.00 Asthangas II Patrick F	11.45 - 12.30 Baby Yoga Eveil 4-5 ans Lise B	13.00 - 17.00 Atelier *	12.30 - 14.00 Iyengar I Caroline Y		Fit Training
13.00 - 14.00 Barre au Sol II Marie P	12.30 - 14.00 Iyengar III Helen G	13.00 - 14.00 Stamina Naela		13.00 - 14.30 Iyengar II-III Helen G	14.00 - 15.00 Pilates I-II Tania S		14.30 - 15.45 Hatha Gwendal		Barre au sol Danse
	14.00 - 15.30 Iyengar I Helen G		14.30 - 16.00 Kundalini Catherine S				15.45 - 17.00 Cardio Boxing Ilyas		Méditation Relaxation
16.00 - 17.30 Ashtanga I - II Fred M			16.15 - 17.15 Yin & Gong Camille S	16.00 - 17.30 Vidyaa Vinyasa Yoga Cassandra K.	16.00 - 17.00 Hi-Intensity Adrien	16.45 - 18.15 Jivamukti Sophia L Mann	16.45 - 18.15 Yoga Intégral Nico S	17.00 - 18.00 Hi-Intensity iiyas	MiniTigre
17.30 - 19.00 Vinyasa 0-I Stéphane C	18.00 - 19.00 Romana Pilates I-II Maura M		17.15 - 18.45 Ashtanga 0-I Laure C	17.45 - 19.15 Jivamukti I-II Alex A	17.00 - 18.00 Yoga prénatal Nadia M	18.15 - 19.30 Yin Yoga Camille S	18.15 - 19.30 Vinyasa flow Nadia E		
19.15 - 20.45 Yin Yoga Camille S	19.00 - 20.30 Vinyasa I - II Stéphane C								

\* Ateliers 49€  
Hors carnet hors forfait