

**Planning Tigre Chaillot**  
NOVEMBRE 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	SALLE 3
8.30 - 9.30 Morning Flow Krista			8.00 - 9.00 Vinyasa Nadia E		8.00 - 8.45 High Intensity Adrien	8.30 - 9.30 Morning Flow Krista				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		9.00 - 10.00 Soft Swiss Ball Brigitte P	9.30 - 10.45 Vinyasa I-II Nadia E		9.30 - 10.30 Pilates I-II Esthelle	9.00 - 10.30 Hatha & Alignement Myrto	9.30 - 10.30 Pranayama & Méditation Samuel G	9.30 - 10.30 Prana Flow Anne Francin		
10.30 - 11.30 Vinyasa flow Samuel G		10.30 - 11.30 Yoga Maman-Bébé Masha	10.00 - 11.00 Body Enhance Naela	10.45 - 12.00 Qi Gong Franck G	10.00 - 11.00 Barre au sol I-II Audrey R	10.30 - 11.30 Hatha Intensif Samuel G	10.30 - 11.30 Pilates 0-I Esthelle		10.30 - 12.00 Ashtanga 0-I Vanessa	10.00 - 11.30 Iyengar 0-I Carmen	
11.30 - 12.30 Yoga Prénatal Masha	11.00 - 12.30 Hatha Martin	11.30 - 12.30 Dynamic Body Sculpt Jennifer D	11.00 - 12.30 Ashtanga I-II Vanessa		11.00 - 12.30 Barre au sol & Barres II Audrey R	11.30 - 12.30 Barre au sol I-II Audrey R	11.30 - 12.30 Prana Flow Anne Francin			11.30 - 12.45 Vinyasa Masha	11.30 - 12.30 Barre Flow Danielle
12.30 - 14.00 Vinyasa flow Sophia L	12.30 - 14.00 Iyengar I Mirentchu	12.45 - 13.45 Initiation Romana Pilates Estelle C	13.00 - 14.30 Kundalini & Gong Catherine S	12.30 - 14.00 Jivamukti I-II Carol	12.30 - 13.30 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 Chakra Danse & Méditation Valentine P	12.45 - 14.15 Jivamukti Sophia L Mann	12.30 - 13.30 Barre Flow Danielle
			14.30 - 15.30 Yin Yoga Camille S		13.30 - 14.30 Pilates I-II Delphine R	14.00 - 15.00 Kids Yoga 10-14 ans Masha		14.30 - 15.30 Eveil Danse 4-6 ans Audrey R		14.45 - 16.00 Qi Gong Franck G	13.30 - 14.30 Hi Intensity Gilles S
						15.00 - 16.00 Kids Yoga 7-10 ans Lise		15.30 - 16.30 Eveil Danse 6-8 ans Audrey R	16.00 - 17.30 Barre au Sol Audrey R		
						16.00 - 16.45 Baby Yoga Eveil Lise B		16.30 - 17.30 Baby Danse 2-3 ans Audrey R		17.00 - 18.00 Swiss Ball Maura M	17.00 - 18.00 Street Dance 5 ans et + Amandine S
17.00 - 18.00 Déesse Naela	17.00 - 18.00 Soft Pilates Michèle		18.00 - 19.00 Pilates I Jennifer	18.00 - 19.00 Hatha & Yoga du visage Sylvie L	17.45 - 19.00 Initiation Ashtanga Nicolas L	16.45 - 17.45 Ludo Yoga 4-6 ans Lise	17.00 - 18.00 Barre au Sol I-II Marie P		18.00 - 19.00 Yoga Prénatal Pauline L	18.00 - 19.00 Initiation Pilates Maura M	18.00 - 19.00 Street Dance 11 ans et plus Amandine S
18.00 - 19.00 Vinyasa flow Luis V	18.00 - 19.30 Iyengar II-III Luiz	18.00 - 19.00 Barre au Sol 0-1 Camille L	19.00 - 20.30 Hatha Sreeni	19.00 - 20.30 Ashtanga II Yoshika	19.00 - 20.00 Dynamic Bodysculpt Jennifer D	18.00 - 19.15 Yin Yoga Masha	18.00 - 19.00 Body Enhance Gilles S	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 Ashtanga I - II Fred M	19.45 - 21.15 Yin Yoga Valentine P	19.00 - 20.00 Barre au sol I-II Camille L				19.15 - 20.45 Hatha Anne V	19.00 - 20.30 Vinyasa II Alex Avila	20.00 - 21.00 Cardio Boxing Ilyas			20.00 - 21.00 High Intensity Arnaud

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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 Morning Flow Krista	9.30 - 11.00 Hatha Sreeni		10.00 - 11.30 Vinyasa I Katia S	10.00 - 11.30 Hatha Emmanuel T	10.00 - 10.45 Baby Yoga Eveil 18 m-3 ans Lise B	10.00 - 11.30 Ashtanga Pauline L	10.30 - 11.30 Dynamic Bodysculpt Jennifer D	10.30 - 11.30 Ludo Yoga 4-7 ans Agnes G
11.00 - 12.00 Barre au Sol I Marie P		11.00 - 12.00 Soft Pilates Michèle	11.30 - 12.30 Barre au Sol II Marie P		10.45 - 11.45 Kids Yoga 4-5 ans Lise B	11.30 - 13.00 Kundalini Alexandra M	11.30 - 12.30 Pilates Fusion Jennifer D	11.30 - 12.30 Ludo Yoga 8-13 ans Agnes G
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 - 12.45 Kids Yoga 6-9 ans Lise B	13.00 - 17.00 Atelier *	12.30 - 14.00 Iyengar 0-I Caroline Y	
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	13.30 - 14.30 Pilates I-II Hava		14.30 - 16.00 Hatha Emmanuel T	
	14.00 - 15.30 Iyengar II Helen G		14.30 - 16.00 Kundalini Marion S	16.00 - 17.30 Hatha Martin			16.00 - 17.00 Cardio Boxing Ilyas	
16.00 - 17.30 Ashtanga I - II Fred M			16.15 - 17.15 Yin & Gong Camille S		16.00 - 17.00 Hi-Intensity Adrien	16.45 - 18.15 Jivamukti Sophia L Mann	17.00 - 18.00 Hi-Intensity Ilyas	16.45 - 18.15 Yoga Intégral Nico Shanti
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 Luis V		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							

Yoga

Pilates

Fit Training

Barre au sol  
Danse

Méditation  
Relaxation

MiniTigre

\* Ateliers 49€  
Hors carnet hors forfait