

Planning Tigre Chaillot
Septembre 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 <i>Dasha</i>	09.00 - 10.00 Body Enhance <i>Naela</i>		8.00 - 9.00 Vinyasa <i>Nadia</i>	8.00 - 8.45 High Intensity <i>Adrien</i>			8.30 - 9.30 Ashtanga morning mix <i>Dasha</i>		8.00 - 8.45 Déesse <i>Adrien</i>	8.00 - 10.00 Ashtanga Mysore <i>Cyril Lagel</i>	7.30 - 8.30 Pilates <i>Hava</i>
9.30 - 10.30 Pranayama & Kriyas <i>Samuel G</i>	10.00 - 11.00 Déesse <i>Naela</i>		9.00 - 10.00 Hatha <i>Marie Rose P</i>	9.15 - 10.45 Vinyasa I-II <i>Nadia</i>	9.00 - 10.00 Soft Swiss Ball <i>Brigitte P</i>	9.00 - 10.30 Hatha <i>Myrto</i>	9.30 - 10.30 Pilates I-II <i>Audrey P</i>	9.30 - 10.30 Pranayama & Méditation <i>Samuel G</i>	9.00 - 10.00 Hatha flow <i>Emma M</i>		
10.30 - 11.30 Vinyasa flow <i>Samuel G</i>	11.00 - 12.30 Vibhava Yoga <i>Heberson</i>	10.30 - 11.30 Yoga Maman-Bébé <i>Marion S</i>	10.00 - 11.00 Stamina <i>Patrick Ely</i>			10.30 - 11.30 Vinyasa flow <i>Samuel G</i>	10.30 - 11.30 Pilates 0-I <i>Audrey P</i>		10.00 - 11.30 Ashtanga 0-I <i>Vanessa</i>	10.00 - 11.30 Iyengar 0-I <i>Mirentchu</i>	10.00 - 11.00 Pranayama & Méditation <i>Emma M</i>
11.30 - 12.30 Yoga prénatal <i>Marion S</i>		11.30 - 12.30 Barre Fusion <i>Jennifer D</i>	11.00 - 12.30 Ashtanga I-II <i>Vanessa</i>	11.00 - 12.30 Barre au sol I-II <i>Audrey R</i>	10.45 - 12.00 Qi Gong <i>Franck G</i>	11.30 - 12.30 Barre au sol I <i>Audrey R</i>		11.00 - 12.30 Hormones Yoga <i>Kathy W</i>		11.30 - 12.45 Vinyasa <i>Masha</i>	11.30 - 12.30 Barre Flow <i>Danielle</i>
12.30 - 14.00 Iyengar I <i>Mirentchu</i>	12.30 - 14.00 Jivamukti I-II <i>Sophia I</i>	12.45 - 13.45 Initiation Romana Pilates <i>Tania S</i>	13.00 - 14.30 Kundalini & Gong <i>Caroline B</i>	12.30 - 14.00 Jivamukti I-II <i>Carol</i>	13.00 - 14.00 Pilates I <i>Delphine R</i>	12.30 - 14.00 Ashtanga <i>Cyril L</i>	12.30 - 14.00 Iyengar III <i>Luiz B</i>	12.30 - 14.00 Initiation Vinyasa <i>Stéphane C</i>	12.30 - 14.00 Kundalini de la Femme <i>Caroline B</i>	12.45 - 14.15 Jivamukti I-II <i>Carol</i>	12.30 - 13.30 Barre Flow <i>Danielle</i>
			14.30 - 15.30 Yin Yoga <i>Camille S</i>			14.15 - 15.00 Capoeira 4-8 ans <i>Moussa</i>	14.00 - 15.00 Pilates <i>Hava</i>	14.00 - 14.45 Eveil Danse 3-4 ans <i>Audrey R</i>			13.30 - 14.30 Core Pilates <i>Tania</i>
14.00 - 15.30 Ashtanga <i>Vanessa M</i>		14.00 - 15.00 Barre Flow <i>Emma</i>				15.00 - 16.00 Yoga Eveil 7-12 ans <i>Marion S</i>	15.00 - 16.00 Pilates Fusion <i>Jennifer D</i>	15.00 - 15.45 Eveil Danse 5-6 ans <i>Audrey R</i>			
						16.00 - 16.45 Baby capoeira 3-4 ans <i>Moussa</i>	16.00 - 17.30 Barre au sol II <i>Audrey R</i>	15.45 - 16.30 Baby Yoga Eveil <i>Lise B</i>	16.15 - 17.30 Qi Gong <i>Franck G</i>	17.00 - 18.00 Swiss Ball <i>Maura M</i>	17.00 - 18.00 Street Dance 8-12 ans <i>Amandine</i>
			18.00 - 19.00 Romana Pilates I <i>Tania S</i>	18.00 - 19.00 Barre Flow <i>Emma</i>	18.00 - 19.00 Yoga Nidra <i>Nicolas L</i>	16.45 - 17.30 Ludo Yoga 4-7 ans <i>Moussa</i>			18.00 - 19.00 Yoga Prénatal <i>Pauline</i>	18.00 - 19.00 Initiation Pilates <i>Maura M</i>	18.00 - 19.00 Street Dance 12 ans et + <i>Amandine</i>
18.00 - 19.00 Méditation <i>Alexis D</i>	18.00 - 19.30 Iyengar II-III <i>Luiz</i>	18.30 - 19.30 Vinyasa Flow <i>Anne Gaelle G</i>	19.00 - 20.30 Hatha <i>Sreeni</i>	19.00 - 20.15 Ashtanga for men <i>Nicolas L</i>	19.00 - 20.00 Core Pilates <i>Tania S</i>	18.00 - 19.00 Body Enhance <i>Magoma</i>	18.00 - 19.00 Yin Yoga <i>Masha</i>		19.00 - 20.30 Yoga Intégral <i>Nico Shanti</i>	19.00 - 20.30 Iyengar I-II <i>Caroline Y</i>	19.00 - 20.00 Sophrologie Energétique <i>Veronica B</i>
19.00 - 20.30 Ashtanga I - II <i>Fred M</i>	19.30 - 21.00 Yin Yoga <i>Anne Gaelle G</i>					19.15 - 20.45 Hatha <i>Anne V</i>	19.00 - 20.30 Jivamukti <i>Sophia L Mann</i>	18.30 - 20.00 Ashtanga 0-I <i>Laure C</i>		20.00 - 21.00 High Intensity <i>Arnaud</i>	

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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
9.30 - 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 & Méditation <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>
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>	11.15 - 12.00 Capoeira 8-13 ans <i>Moussa</i>	11.30 - 12.30 Pilates Fusion <i>Jennifer D</i>
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 *		
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>	
	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 Cardio Boxing <i>Maik</i>	
	16.30 - 18.00 Ashtanga I - II <i>Fred M</i>		16.15 - 17.15 Yin & Gong <i>Camille S</i>	16.00 - 17.00 High Intensity <i>Adrien</i>		17.00 - 18.00 Pyrfit <i>Maik</i>	16.45 - 18.15 Yoga Intégral <i>Nico S</i>	17.00 - 18.30 Jivamukti <i>Sophia L Mann</i>
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>	18.00 - 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>							

Yoga

Pilates

Fit Training

Barre au sol
Danse

Méditation
Soft class

MiniTigre

Niveau 0-I :
initiation

Niveau I :
débutant - moyen

Niveau I-II :
intermédiaire

Niveau II :
avancé

* Ateliers 49€
Hors carnet hors
forfait