

Planning Tigre Chaillot

Juillet 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 - 8.45 Déesse Adrien	8.00 - 10.00 Ashtanga Mysore Cyril Lagel	7.30 - 8.45 Romana Pilates Hava S
9.30 - 10.30 Pranayama & Kriyas Samuel G			9.00 - 10.00 Hatha Marie Rose P		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 Clémence		
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 Naela			10.30 - 11.30 Vinyasa flow Samuel G	10.30 - 11.30 Pilates 0-I Audrey P		10.00 - 11.30 Ashtanga 0-I Pauline	10.00 - 11.30 Iyengar 0-I Andréa	10.00 - 11.00 Pranayama & Kriyas 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 Valentine	11.00 - 12.00 High Intensity Naela	10.45 - 12.00 Qi Gong Franck G			11.00 - 12.30 Hormones Yoga Kathy W		11.30 - 12.45 Vinyasa I - II Stéphanie T	11.30 - 12.30 Barre Flow Danielle
12.45 - 14.00 Initiation Romana Pilates Tania S	12.30 - 14.00 Brooklyn Flow Carla Mc Millan	12.30 - 14.00 Iyengar I Helen G	13.00 - 14.30 Kundalini & Gong Caroline B	12.30 - 14.00 Jivamukti I-II Sophia L. Mann	13.00 - 14.00 Romana Pilates Hava-Maura	12.30 - 14.00 Ashtanga Cyril L	12.30 - 14.00 Iyengar II 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 Lucia	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 Romana Pilates Hava-Maura				13.30 - 14.30 Core Pilates Tania S
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 Initiation Jivamukti Alex A				14.30 - 15.30 Sophrologie Energétique Veronica B
			17.00 - 18.00 Qi Gong de la femme Kathy W			16.00 - 16.45 Capoeira 9+ ans Moussa	16.00 - 17.30 Barre au Sol I-II Hanaé	15.45 - 16.30 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 Swiss ball Hava S			18.00 - 19.00 Romana Pilates I Tania S	18.00 - 19.00 Jivamukti Clémence L		16.45 - 17.30 Ludo Yoga 4-7 ans Moussa		16.30 - 17.30 Contes pour les petits Lise B		18.00 - 19.00 Initiation Pilates Maura M	18.00 - 19.00 Yoga Prénatal Pauline
18.00 - 19.00 Méditation Alexis D	18.00 - 19.30 Iyengar I-II Luiz	18.30 - 19.30 Vinyasa Flow Anne Gaelle G	19.00 - 20.00 Barre au Sol I-II Jason O	19.00 - 20.30 Iyengar II Christelle C	19.00 - 20.30 Vinyasa II Stéphane C	18.00 - 19.00 Body Enhance Magoma	18.00 - 19.30 Iyengar Back Care & Restorative Helen G		18.30 - 19.45 Brooklyn Flow Carla Mc Millan	19.00 - 20.30 Yoga Intégral Nicolas S	
19.00 - 20.30	19.30 - 21.00		20.00 - 21.00			19.15 - 20.45	19.30 - 21.00	18.30 - 20.00	20.00 - 21.30	20.00 - 21.00	

Planning Tigre Chaillot
Juillet 2017

Ashtanga I - II <i>Fred M</i>	Yin Yoga <i>Anne Gaelle G</i>		Core Pilates <i>Tania S</i>			Hatha <i>Anne V</i>	Iyengar tous niveaux <i>Helen G</i>	Ashtanga 0-I <i>Laure C</i>	Kundalini <i>Catherine S</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		
9.30 - 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>Nicolas L</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 S</i>	11.30 - 12.30 Barre au Sol I-II <i>Marie P</i>	11.00 - 12.30 Hi-Intensity Outdoor <i>Adrien</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>			Pilates
12.00 - 13.00 Souplesse <i>Marie P</i>		12.00 - 13.00 Body Enhance <i>Naela S</i>	12.30 - 13.30 Souplesse <i>Marie P</i>	11.30 - 13.00 Ashtanga II <i>Patrick F</i>	11.45 - 12.30 Baby Yoga Eveil 4-5 ans <i>Lise B</i>	13.00 - 17.00 Atelier *		12.00 - 13.00 Initiation Pilates <i>Hava S</i>		Fit Training
13.00 - 14.00 Barre au Sol II <i>Marie P</i>	12.30 - 14.00 Iyengar II <i>Helen G</i>	13.00 - 14.00 Stamina <i>Naela S</i>	13.30 - 14.30 Barre au Sol I-II <i>Marie P</i>	13.00 - 14.30 Iyengar II-III <i>Helen G</i>			14.30 - 15.45 Hatha <i>Gwendal</i>			Barre au sol Danse
	14.00 - 15.30 Iyengar Restorative <i>Helen G</i>		14.30 - 16.00 Kundalini <i>Catherine S</i>	14.30 - 16.00 Initiation Vinyasa <i>Stéphane C</i>	15.00 - 16.00 Pilates I-II <i>Tania S</i>		16.00 - 16.45 Cardio Boxing <i>Magoma</i>	16.00 - 17.00 Pilates II <i>Hava S</i>		Méditation Relaxation
16.00 - 17.30 Ashtanga I - II <i>Patrick F</i>	16.00 - 17.00 Pilates I <i>Delphine R</i>		16.15 - 17.15 Yin & Gong <i>Camille S</i>			17.00 - 18.00 Body Enhance <i>Magoma</i>	16.45 - 18.15 Yoga Intégral <i>Nico S</i>	17.00 - 18.30 Jivamukti		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>	18.00 - 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>									

* Ateliers 49€
Hors carnet hors forfait