

Planning Tigre Chaillot
SEPT 2019

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 C			8.00 - 9.00 Vinyasa Nadia E		8.00 - 9.00 High Intensity Gilles S	8.30 - 9.30 Morning Flow Krista C	8.30 - 10.00 Iyengar I Myrto H			8.00 - 10.00 Ashtanga Mysore Cyril L	7.45 - 8.45 Pilates Hava S
9.30 - 10.30 Pranayama & Kriyas Samuel G	9.30 - 11.00 Kundalini & Gong Véronique R		09.00 - 10.30 Hatha Dipak Z	9.30 - 10.45 Vinyasa I-II Nadia E		9.30 - 10.30 Pilates I-II Esthelle C		9.30 - 10.30 Pranayama & Méditation Samuel G	09.00 - 10.15 Vinyasa tous niveaux Masha K		9.00 - 10.00 Swiss Ball Hava S
10.30 - 11.30 Vinyasa flow Samuel G		10.30 - 11.30 Yoga Maman-Bébé Masha K			10.00 - 11.00 Body Enhance Naëla S	10.30 - 11.30 Hatha Flow Samuel G	10.30 - 11.30 Pilates 0-I Esthelle C	10.30 - 11.30 Brooklyn Flow Julie G	10.30 - 12.00 Ashtanga 0-I Fred M	10.00 - 11.30 Iyengar 0-I Carmen H	10.15 - 11.15 Méditation Anne Gabrielle
11.30 - 12.30 Yoga Prénatal Masha K	11.00 - 12.30 Hatha Sophia L	11.30 - 12.30 Graceful Movement Jennifer D	11.00 - 12.30 Kundalini (1/2) Carol I	11.00 - 12.30 Ashtanga I-II Patrick F	11.00 - 12.30 Barre au sol & Barres II Camille L	11.30 - 12.30 Body Enhance Amaud R	11.30 - 12.30 Kundalini Alexandra M	11.30 - 12.30 Brooklyn Barre Julie G			11.30 - 12.30 Barre Flow Danielle
12.30 - 14.00 Vinyasa Sophia L	12.30 - 14.00 Iyengar I Carmen H	12.45 - 13.45 Initiation Romana Pilates Estelle C	12.30 - 14.00 Jivamukti Carol I	13.00 - 14.30 Iyengar I-II Stephane B	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 - 13.45 Vinyasa flow Flore F	12.45 - 14.15 Kundalini Marion S	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 Nidra Stéphane C	14.30 - 15.30 Eveil Danse 4-6 ans Isabelle B			13.30 - 14.30 High Intensity Gilles S
	15.00 - 16.30 Yoga de la Femme Tatiane E					15.00 - 16.00 Family Yoga 5 ans et + Lise B		15.30 - 16.30 Eveil Danse 6-8 ans Isabelle B	14.45 - 16.00 Qi Gong Franck G	16.00 - 17.00 Barre au Sol Julie G	
						16.00 - 16.45 Baby Yoga Eveil Lise B	16.00 - 17.00 Teen Yoga 10-14 ans Masha K	16.30 - 17.15 Baby Danse 2-3 ans Isabelle B	17.00 - 18.00 Blind Yoga Marion B	17.00 - 18.00 Swiss Ball Maura M	17.00 - 18.00 Happy Dance 7 ans et + Amandine S
16.30 - 18.00 Hatha Dipak Z			18.00 - 19.00 Pilates I Jennifer D	17.45 - 19.00 Vinyasa Lila C	18.00 - 19.00 Body Enhance Magoma L	16.45 - 17.45 Kids Yoga 4-6 ans Lise B	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 Lila C	18.00 - 19.30 Iyengar II-III Luiz B	18.00 - 19.00 Barre au Sol Camille L	19.00 - 20.30 Hatha Sreeni E	19.00 - 20.30 Ashtanga II Yoshika O	19.00 - 20.00 Graceful Movement Jennifer D	18.00 - 19.15 Yin Yoga Masha K	18.00 - 19.00 High Intensity 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 Puja	19.00 - 20.00 Barre au sol I-II Camille L				19.15 - 20.45 Hatha Anne V	19.15 - 20.15 Cardio Boxing Gilles S				20.00 - 21.00 High Intensity Amaud R

VENDREDI		
SALLE 1	SALLE 2	SALLE 3
9.00 - 10.30	9.30 - 11.00	

SAMEDI		
SALLE 1	SALLE 2	SALLE 3
10.00 - 11.30	10.00 - 11.30	10.00 - 10.45

DIMANCHE		
SALLE 1	SALLE 2	SALLE 3
10.00 - 11.30	10.30 - 11.30	10.30 - 11.30

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Morning Flow	Hatha		Vinyasa I	Hatha	Baby Yoga	Ashtanga	Dynamic Bodysculpt	Kids Yoga 4-7 ans	
<i>Krista C</i>	<i>Dora SG</i>		<i>Flore F</i>	<i>Emmanuel T</i>	<i>Emilie</i>	<i>Pauline L</i>	<i>Jennifer D</i>	<i>Agnes G</i>	
11.00 - 12.00 Barre au Sol I <i>Marie P</i>		11.00 - 12.00 Dynamic Bodysculpt <i>Hava S</i>	11.30 - 12.30 Barre au Sol II <i>Marie P</i>		10.45 - 11.30 Kids Yoga 3-5 ans <i>Emilie</i>	11.30 - 13.00 Kundalini <i>Alexandra M</i>	11.30 - 12.30 Graceful Movement <i>Jennifer D</i>	11.30 - 12.30 Kids Yoga 8-13 ans <i>Agnes G</i>	
12.00 - 13.00 Souplesse <i>Marie P</i>		12.00 - 13.00 Swiss Ball <i>Naëla S</i>	12.30 - 13.30 Souplesse <i>Marie P</i>	11.30 - 13.00 Ashtanga II <i>Patrick F</i>	11.30 - 12.30 Kids Yoga 6-9 ans <i>Emilie</i>	13.00 - 17.00 Atelier *	12.30 - 14.00 Iyengar 0-I <i>Caroline Y</i>		
13.00 - 14.00 Barre au Sol II <i>Marie P</i>	12.30 - 14.00 Iyengar II <i>Irène B</i>	13.00 - 14.00 Stamina <i>Naëla S</i>			13.30 - 14.30 Pilates I-II <i>Hava S</i>		14.30 - 16.00 Hatha <i>Emmanuel T</i>		
14.00 - 15.30 Hatha du visage <i>Sylvie L</i>	14.00 - 15.30 Iyengar I <i>Irène B</i>	14.00 - 15.30 Kundalini <i>Veronique R</i>	14.30 - 16.00 Kundalini <i>Marion S</i>	16.00 - 17.30 Hatha <i>Martin K</i>	15.30 - 17.00 Summer Training (outdoor) <i>Gilles S</i>		16.00 - 17.00 Cardio Boxing <i>Ilyas B</i>		
16.00 - 17.30 Ashtanga I - II <i>Fred M</i>			16.15 - 17.15 Yin & Gong <i>Camille S</i>		17.00 - 18.00 Pilates Fusion <i>Noémie F</i>		16.45 - 18.15 Jivamukti <i>Sophia L</i>	17.00 - 18.00 Hi-Intensity <i>Ilyas B</i>	16.45 - 18.15 Yoga Intégral <i>Nico S</i>
17.30 - 18.30 Vinyasa I <i>Katia S</i>	18.00 - 19.00 Romana Pilates I-II <i>Maura M</i>		17.15 - 18.45 Ashtanga 0-I <i>Laure C</i>	17.30 - 19.00 Vinyasa Flow <i>Darko M</i>			18.15 - 19.30 Yin Yoga <i>Camille S</i>	18.15 - 19.30 Vinyasa flow <i>Nadia E</i>	
19.15 - 20.45 Yin Yoga <i>Camille S</i>	18.30 - 19.45 Vinyasa II <i>Katia S</i>								

Yoga

Pilates

Fit Training

Barre au sol
Danse

Méditation
Relaxation

MiniTigre

* Ateliers 49€
Hors carnet hors forfait