

Planning Tigre Rive Gauche
Fevrier 2018

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2
8.00 - 9.00 Ashtanga I Tetyana		8.00 - 9.00 Hatha Myrto		8.00 - 9.00 Qi Gong Franck	8.00 - 9.00 Ashtanga I Cyril	8.00 - 9.00 Vinyasa I Alex	8.00 - 9.15 Alignement Myrto	7.00-9.00 Mysore Cyril					
9.00 - 10.00 Hatha Myrto	9.00 - 10.00 Pranayama & Méditation Marion	9.00 - 10.00 Romana Pilates I Franck		9.00 - 10.00 Pilates I Blandine	9.00 - 10.00 Yoga prénatal Marion S	9.00 - 10.00 Pilates II Blandine	8.30 - 9.30 Initiation Pilates Audrey P	9.00 - 10.00 Pilates II Danielle	9.00 - 10.00 Vinyasa Flow Nadia				
10.00 - 11.30 Iyengar II Carmen	10.00 - 11.00 Pilates II Hélène N	10.00 - 11.30 Iyengar II Andrea	10.00 - 11.00 High Intensity William	10.00 - 11.30 Yoga Intégral Fabienne	10.00 - 11.30 Vinyasa Flow Marion S	10.00 - 11.30 Yoga Pilates Mix Pema	9.30 - 10.30 Soft Hatha Marion	10.00 - 11.30 Kundalini Adele	10.00 - 11.00 Swiss ball Danielle	9.30 - 11.00 Barre & yoga II Myrto	9.30 - 10.30 Swiss ball Danielle	10.00 - 11.00 Vinyasa Flow Clemence	10.00 - 11.00 Yoga Eveil 5-8 ans Vérane
11.30 - 12.30 Barre flow Danielle	11.00 - 12.00 Pilates I Audrey P		11.00 - 12.15 Hatha Tatiana Elle	11.30 - 12.30 Barre flow Danielle	11.30 - 12.30 Yoga de la Femme Tatiana E		10.30 - 12.00 Yoga Intégral Fabienne	11.30 - 13.00 Iyengar I-II Luiz	11.00 - 12.30 Yoga de la Femme Tatiana E	11.00 - 12.30 Ashtanga I Tetyana	10.30 - 11.30 Pilates I-II Danielle		11.00 - 12.00 Hatha Gwendal
12.30 - 13.30 Body Enhance Magoma	12.15 - 13.30 Ashtanga I Cyril	12.15 - 13.15 Barre flow Jason	12.15 - 13.30 Ashtanga I Cyril	12.30 - 14.00 Kundalini Caroline	12.30 - 14.00 Iyengar II Helen	12.30 - 13.30 Pilates I/2 Hélène N	12.15 - 13.30 Vinyasa Flow Alex	13.00 - 14.30 Barre au sol I/II Audray	12.30 - 14.00 Ashtanga 0-I Tetyana	12.30 - 13.30 High Intensity William	11.30 - 13.00 Kundalini Catherine	Atelier*	12.00 - 13.00 Body Enhance Naela
13.30 - 15.00 Kundalini Catherine		13.15 - 14.15 Qi Gong Franck	13.30 - 14.30 Pilates I-II Audrey P	14.00 - 15.00 Vinyasa 0-I Cassandra	14.00 - 15.00 Hip Hop 5-8 ans Lydia	13.30 - 14.30 Initiation Pilates Hélène N			14.00 - 15.00 Pilates 0-I Audrey P	13.30 - 14.30 Yin Yoga Valentine	13.00 - 14.15 Pyrfit Maik		
		15.00 - 16.30 Barre au sol I Audrey R		15.00 - 16.00 Romana Pilates I Stéphanie	15.00 - 16.00 Hip Hop 9-12 ans Lydia	14.30 - 16.00 Barre au sol II Yasna				14.30 - 15.30 Vinyasa Flow Clemence	Atelier*	14.00 - 15.30 Iyengar I-II Magda	14.00 - 15.00 Hatha Myrto
				16.00 - 17.00 Hatha Gwendal	16.00 - 17.00 Yoga Eveil 9+ ans Adele	17.00 - 18.00 Sophrologie Veronica		17.30 - 19.00 Iyengar I Andrea	18.00 - 19.00 High Intensity Bibi	15.30 - 17.00 Hatha Gwendal		15.30 - 16.45 Ashtanga I Priscilla	15.00 - 16.30 Vidyaa yoga Cassandra
17.30 - 19.00 Hatha Tatiana		17.00 - 18.15 Vinyasa Flow Alex	17.30 - 18.30 Pilates II Andrea	17.30 - 18.30 Pilates II Tania		18.00 - 19.30 Hatha Anne	18.00 - 19.00 Initiation Pilates Andrea	19.00 - 20.15 Hatha Myrto	19.00 - 20.00 Pilates I Stéphanie	17.00 - 18.00 Initiation Pilates Judicael	17.00 - 18.30 Ashtanga I-II Priscilla		16.30 - 18.00 Kundalini Alex M
19.00 - 20.00 Initiation Pilates Estelle	18.30 - 19.45 Yin Yoga Catherine	19.00 - 20.00 Stamina Magoma	18.30 - 20.00 Iyengar I Helen	18.30 - 20.00 Ashtanga I-II Cyril	17.45 - 19.00 Vinyasa Kathy		19.00 - 20.30 Iyengar I Filipe						
20.00 - 21.00 Pyrfit Maik	19.45 - 21.00 Vidyaa yoga Cassandra	20.00 - 21.30 Ashtanga I/II Vanessa	20.00 - 21.00 Pranayama & Méditation Helen	20.00 - 21.00 Pilates I-II Pascaline	19.00 - 20.30 Yin Yoga Kathy	20.30 - 21.30 Candlelight Vinyasa Clemence						* Ateliers 49€ Hors carnet hors forfait	

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