

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 P				8.00 - 9.00 Qi Gong Franck G	8.00 - 9.00 Vinyasa Marine F	8.00 - 9.00 Vinyasa I Nadia E	8.00 - 9.15 Iyengar I Myrto H	7.00-9.00 Mysore Cyril L					
9.00 - 10.00 High Intensity Gilles S	9.00 - 10.00 Pranayama & Méditation Marion M	9.00 - 10.00 Romana Pilates I Franck J	9.00 - 10.00 Barre & yoga Myrto H	9.00 - 10.00 Pilates I Blandine D	9.00 - 10.00 Yoga prénatal Dora S	9.00 - 10.00 Pilates II Blandine D	9.15 - 10.30 Soft Hatha Alex M	9.00 - 10.00 Pilates II Danielle O	9.00 - 10.00 Vinyasa Flow Nadia E				
10.00 - 11.30 Iyengar II Carmen H	10.00 - 11.00 Pilates II Hélène N	10.00 - 11.00 High Intensity William G	10.00 - 11.30 Iyengar I-II Andrea E	10.00 - 11.30 Yoga Intégral Fabienne S	10.00 - 11.30 Vinyasa Flow Krista C	10.00 - 11.15 Yoga Pilates Mix Pema A	10.30 - 12.00 Yoga Intégral Fabienne S	10.00 - 11.30 Kundalini Adele W	10.00 - 11.00 Swiss ball Danielle O	9.30 - 11.00 Barre & yoga Myrto H	9.30 - 10.30 Swiss ball Danielle O	10.00 - 11.00 Vinyasa Flow Pema	10.00 - 11.00 Kids Yoga 5-8 ans Ferdie
11.30 - 12.30 Barre flow Danielle O	11.00 - 12.00 Pilates I Audrey P	11.00 - 12.15 Hatha Tatiana Elle		11.30 - 12.30 Barre flow Danielle O	11.30 - 12.30 Yoga de la Femme Tatiana E	11.15 - 12.30 Iyengar I-II Susana V	12.15 - 13.30 Vinyasa Flow Maricha	11.30 - 13.00 Iyengar II Luiz B	11.00 - 12.30 Yoga de la Femme Tatiana E	11.00 - 12.30 Ashtanga I Tetyana P	10.30 - 11.30 Pilates I-II Danielle O		11.00 - 12.00 Hatha Gwendal M
12.30 - 13.30 Body Enhance Magoma L	12.15 - 13.30 Ashtanga I-II Cyril L	12.15 - 13.15 Yin Yoga Valentine P	12.15 - 13.30 Ashtanga I-II Cyril L	12.30 - 14.00 Kundalini Caroline B	12.30 - 14.00 Iyengar I-II Laura B	12.30 - 13.30 Pilates I/2 Hélène N		13.00 - 14.00 Pilates & Barre Audrey P	12.30 - 14.00 Ashtanga 0-I Tetyana P	12.30 - 13.30 High Intensity William G	11.30 - 13.00 Kundalini Adele W		12.00 - 13.00 Body Enhance Naela S
	13.30 - 14.45 Yin Yoga Valentine P	13.15 - 14.15 Qi Gong Franck G	13.30 - 14.30 Pilates I Audrey P	14.00 - 15.00 Vinyasa Flow Maricha D		13.30 - 14.30 Pilates 0-I Hélène N		14.00 - 15.00 Pilates I Audrey P			13.30 - 14.30 Yin Yoga Camille S		13.00 - 14.00 Hatha Dipak Z
		14.30 - 16.00 Barre au sol & Souplesse Camille L			15.00 - 16.00 Kunda Kids 7-12 Marion S	14.30 - 16.00 Barre au sol II Yasna S		17.00 - 18.00 Deep Core Bibi G	16.30 - 17.30 Hatha Martin	14.15 - 15.30 Iyengar I Andrea E		14.00 - 15.30 Iyengar I-II MagdaT	14.00 - 15.15 Ashtanga I-II Krista C
				16.00 - 17.00 Hatha Gwendal M	16.00 - 17.00 Kunda Family 3-6 ans Marion S	17.00 - 18.00 Sophrologie Veronica B	17.00 - 18.00 High Intensity Gilles S		18.00 - 19.00 High Intensity Bibi G	15.30 - 17.00 Hatha Gwendal M		16.00 - 17.00 Pilates Fusion Lisa L	15.15 - 16.30 Vinyasa Flow Nadia E
17.30 - 19.00 Kundalini Alex M	17.30 - 18.30 Hatha & Méditation Tatiana E	17.00 - 18.15 Vinyasa Flow Alex A	17.30 - 18.30 Hatha Dipak Z	17.00 - 18.30 Iyengar I-II Susana	17.00 - 18.00 Méditation & Yoga de la Voix Valentine P	18.00 - 19.30 Hatha Anne V	18.00 - 19.15 Vinyasa Flow Alex A	19.00 - 20.15 Iyengar I Myrto H	19.00 - 20.00 Pilates I Christina S	17.00 - 18.00 Pilates 0-I Matthieu E	17.00 - 18.30 Vinyasa Flow Pema	17.00 - 18.15 Hatha Emmanuel T	16.30 - 18.00 Kundalini Alex M
19.00 - 20.00 Pilates 0-I Lugdi M	18.30 - 19.30 Yin Yoga Tatiana E	18.15 - 19.15 Pilates Fusion Lisa L	18.30 - 19.45 Féminin sacré Kathy W	18.30 - 20.00 Ashtanga II Cyril L	18.00 - 19.00 Vinyasa Kathy W	19.30 - 20.30 Pilates Fusion Lisa L	19.15 - 20.45 Iyengar I Laura B						
20.00 - 21.00 Swiss ball Lugdi M	19.30 - 21.00 Vinyasa Flow Nadia E	19.45 - 21.00 Vinyasa Flow Deepu K	20.00 - 21.00 Yoga Nidra Alexis J	20.00 - 21.00 Pilates I-II Pascaline A	19.00 - 20.30 Yin Yoga Kathy W	20.30 - 21.30 Yin & Gong Marine F							

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

Entrée par le n°99 rue du
Cherche Midi (sonnez au Tigre
Yoga Club) pour tous les
cours le dimanche. Merci.

* Ateliers 49€
Hors carnet hors
forfait

