

PLANNING TIGRE MARAIS JANVIER 2018

LUNDI		MARDI		MERCREDI		JEUDI	
SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2
		7.30 - 8.30 Ashtanga Sandra V	8.00 - 9.00 Pyrfit Maik N			8.00 - 9.15 Ashtanga Tetyana P	
8.45 - 09.30 Méditation & Yoga de la Voix Ilhem K	9.00 - 10.00 Pilates I-II Franck J	8.30 - 09.30 Prana & Kriyas Samuel G	9.00 - 10.00 Initiation Pilates Stéphanie U	8.45 - 09.45 Vinyasa morning flow Nadia E	9.30 - 10.30 Pilates & Barre Audrey P		9.00 - 10.00 Rites Tibétains Samuel G
9.30-11.00 Ashtanga Fred M	10.00 - 11.00 Initiation Pilates Franck J	9.30-10.30 Vinyasa flow Samuel G	10.00 - 11.00 Pilates II Stéphanie U	9.45 - 11.00 Iyengar Rajhas S	10.30 - 11.30 Pilates 0-I Audrey P	10.00 - 11.00 Qi Gong Franck G	10.15 - 11.15 Pilates 0-I Audrey P
11.00 - 12.30 Hatha Scaravelli Karine K	11.45 - 12.45 Barre Flow Emma R	10.45 - 12.15 Jivamukti Clemency L	11.15 - 12.15 Training Intégral Raphael D	11.00 - 12.15 Hatha & ayurveda Anne V		11.00 - 12.30 Hormones yoga Kathy W	11.15-12.15 Barre Classique Audrey R
12.30 - 14.00 Iyengar Carmen H	12.45 - 13.45 Yoga Pilates Mix Pema A	12.30 - 14.00 Yoga Intégral Flow Nico S	12.30 - 13.30 Barre au sol Marie P	12.30 - 14.00 Ashtanga Pauline L	12.30 - 13.30 Pyrfit Maik N	12.30 - 14.00 Vinyasa I Marion S	12.15 - 13.15 Barre au sol Audrey R
	13.45 - 14.45 Pilates I Maura M	14.00 - 15.00 Pranayama & méditation Verane P	13.30 - 14.30 Initiation Pilates Maura M		13.30 - 14.30 Boxe & TRX Charles L	14.00-15.00 Yoga Prénatal Marion S	13.45 - 14.45 Training Intégral Raphael D
	14.45 - 15.45 Swiss Ball Maura M	15.00 - 16.15 Vidyaa Yoga Cassandra K	14.30 - 15.30 Pilates I Maura M	14.30 - 15.30 Pranayama & méditation Marion MS	14.30 - 15.30 High Intensity Charles L		
16.00 - 17.30 Astres & yoga Catherine S	15.45 - 17.00 Barre au sol & souplesse Audrey R				15.30 - 16.30 Yoga Eveil 5-7 Anne Cé	15.00 - 16.30 Hatha & ayurveda Verane P	
		17.00 - 18.00 Initiation Ashtanga Sandra V	17.00 - 18.00 Ludo Yoga 4-7 Moussa M	16.30 - 17.30 Sophrologie Veronica B	16.30 - 17.30 Yoga Eveil 8-11 Anne Cé	17.00 - 18.00 Barre Fusion Jennifer D	17.00 - 18.00 Baby Yoga 2-4 Lise B
18.30 - 19.30 Hatha Camille S	18.30 - 19.30 Body Art Clotilde M	18.00 - 19.15 Yin Yoga Kathy W	18.30 - 19.30 Pilates I Estelle C	17.30 - 18.30 Vinyasa flow Nadia E	17.00 - 18.30 Yodha Samuel G		18.00 - 19.15 Pyrfit Maik N
19.30-21.00 Yin Yoga Camille S	19.30 - 20.30 Barre Fusion Jason O	19.15 - 20.30 Kundalini & gong Caroline B	19.30 - 20.30 Yoga Pilates Mixte Nadia E	18.30 - 19.45 Vinyasa Alignement Katia S		18.00 - 19.30 Iyengar Luiz B	19.15 - 20.15 Circuit Training Justin S
21.00 - 22.00 Om Vinyasa Flow Jason O	20.30 - 22.00 Boxe & TRX Ilyas B			19.45 - 21.00 Kundalini Camille D		19.30 - 20.30 Hatha Vinyasa Deepu K	20.15 - 21.15 High Intensity Justin S
VENDREDI		SAMEDI		DIMANCHE			
SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 2			
7.15 - 9.00 Mysore Sandra V	9.00 - 10.00 Pilates Franck J						
9.15 - 10.30 Kundalini Caroline B	10.00 - 11.00 Initiation Pilates Franck J						
10.30 - 11.45 Iyengar Andrea E		10.00 - 11.15 Hatha Vinyasa Deepu K	10.00 - 11.00 Yoga Eveil 7-10 Ferdie	10.30 - 12.00 Kundalini Aurore Seetal A	10.30 - 13.00 Atelier Pilates, Barre & Renfo		
	12.00 - 13.00 Pilates & Barre Audrey P	11.30 - 13.00 Ashtanga Pauline L	11.00 - 12.00 Pilates Mathieu E	12.00 - 13.15 Vidyaa Yoga Cassandra K			
13.00 - 14.15 Ashtanga Priscilla B	13.00 - 14.00 Pilates I-II Stéphanie U	13.00 - 14.30 Iyengar Carmen H	12.00 - 13.00 Pilates Mathieu E				
14.30 - 16.00 Astres & yoga Catherine S				13.45 - 15.00 Iyengar Carmen H			
16.00 - 17.00 Yoga prénatal Catherine S	15.00 - 16.00 Barre au sol Yasna S	14.30 - 17.30 Atelier Yoga & Méditation	15.00 - 16.00 High Intensity Bibi G	15.00 -16.15 Vinyaa Alignement Katia S			
17.00 - 18.00 Yoga Intégral Flow Nico S	16.00 - 17.00 High Intensity Bibi G		16.00 - 17.00 Boxe & TRX Bibi G	16.15 - 17.15 Yin & Gong Camille S	15.30 - 17.00 Barre au sol Yasna S		
18.00 - 19.00 Yoga Nidra Somaly T		17.30 - 19.00 Ashtanga II Sandra V	17.00 - 18.00 Barre Fusion Jason O	17.15 - 18.15 Yoga Nidra Somaly T	17.00 - 18.15 Boxe & TRX Charles L		
19h - 21h Soirée thématique 40€	18.30 - 19.45 Boxe & TRX Ilyas B 19.45 - 21.00 Boxe & TRX Ilyas B						

- Yoga
- Pilates & Renfo
- Barre & Danse
- Méditation, Relaxation & Restorative
- Kids classes
- Autres disciplines
- Démarrage des cours fin février

\* Ateliers 45€  
Hors carnet hors forfait