

PLANNING JANVIER 2019

LUNDI		MARDI		MERCREDI		JEUDI	
SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2
						8.00 - 9.00	
						Ashtanga	
						Tetyana P	
8.30 - 09.30	9.00 - 10.00	8.30 - 09.30	9.00 - 10.00	8.45 - 09.45	9.00 - 10.00	9.00 - 10.00	9.00 - 10.00
Méditation & Yoga de la Voix	Pilates I-II	Prana & Kriyas	Initiation Pilates	Vinyasa morning mix	Pilates & Barre	Hatha	Barre au sol
Ilhem K	Franck J	Samuel G	Jane A	Nadia E	Audrey P	Samuel G	Audrey R
9.30-11.00	10.00 - 11.00	9.30-10.30	10.00 - 11.00	9.45 - 11.00	10.00 - 11.00	10.00 - 11.00	10.15 - 11.15
Ashtanga	Initiation Pilates	Vinyasa flow	Pilates II	Hatha Alignement	Pilates 0-I	Qi Gong	Pilates 0-I
Fred M	Franck J	Samuel G	Jane A	Rajhas S	Audrey P	Franck G	Audrey P
11.00 - 12.30	12.00 - 13.00	10.30 - 12.00	11.15 - 12.15	11.00 - 12.15		11.00 - 12.30	
Hatha Holistic	Pilates I	Astres & yoga	Equilibre & Fondations	Hatha & ayurveda		Kundalini	
Karine K	Carolina	Catherine	Raphael D	Anne V		Caroline B	
12.30 - 14.00	13.00 - 14.00	12.30 - 14.00	12.15 - 13.30	12.15 - 13.30	12.45 - 13.45	12.30 - 14.00	12.15 - 13.15
Iyengar	Brookling Bar	Yoga Intégral	Vinyasa	Vinyasa	Boxe & TRX	Vinyasa	Barre au sol contemporaine
Carmen H	Carolina S	Nico S	Marine F	Katia S	Charles L	Marine F	Camille
	14.00 - 15.00	14.00 - 15.00	13.30 - 14.30		13.45 - 14.45	14.00 - 15.00	13.45 - 14.45
	Pilates I	Pranayama & méditation	Initiation Pilates		High Intensity	Sophrologie	Equilibre & Fondations
	Maura M	Verane P	Maura M		Charles L	Veronica B	Raphael D
14.30 - 15.45	15.00 - 16.00		14.30 - 15.30	14.30 - 15.30		15.00 - 16.30	
Hatha	Swiss Ball		Pilates I	Pranayama & méditation		Hatha & ayurveda	
Gwendal M	Maura M		Maura M	Marion MS		Verane P	
	16.00 - 17.15			15.30 - 16.30	15.30 - 16.30		16.00 - 17.00
	Barre au sol & souplesse			Hatha	Kids Yoga 8-11		Pilates I
	Audrey R			Marion MS	Anne Cé		Andrea D
17.00 - 18.30		17.00 - 18.00	17.00 - 18.00		16.30 - 17.30		17.00 - 17.45
Kundalini & gong		Initiation Ashtanga	Barre au sol contemporaine		Kids Yoga 5-7		Yoga Eveil Baby yoga 18 mois - 3 ans
Marion S		Sandra V	Camille L		Anne Cé		Lise B
18.30 - 19.30	18.30 - 19.30	18.00 - 19.15	18.00 - 19.00	17.30 - 18.30		17.00 - 18.00	18.00 - 19.15
Hatha	Body Art	Yin Yoga	Pilates I	Vinyasa		Méditation & Yoga de la Voix	Yoga Pilate Mix
Camille S	Clotilde M	Kathy W	Andrea D	Nadia E		Ilhem K	Pema A
19.30-21.00	19.30 - 20.30	19.15 - 20.30	19.00 - 20.15	18.30 - 19.45	18h45-19h45	18.00 - 19.30	19.15 - 20.15
Yin Yoga	Barre Fusion	Kundalini & gong	Vinyasa	Jivamukti I-II	Méditation	Iyengar	Circuit Training
Camille S	Jason O	Aurore S	Marine F	Klara P	Stéphane	Luiz B	Justin S
	20.30 - 21.30		20.15 - 21.15	19.45 - 21.00		19.30 - 20.30	20.15 - 21.15
	Boxe & TRX		Yin Yoga	Kundalini		Hatha Vinyasa	High Intensity
	Ilyas B		Marine F	Marion S		Deepu K	Justin S
VENDREDI		SAMEDI		DIMANCHE			
SALLE 1	SALLE 2	SALLE 1	SALLE 2	SALLE 1	SALLE 2		
7.15 - 9.00	9.00 - 10.00						
Mysore	Pilates						
Sandra V	Franck J						
9.15 - 10.30	10.00 - 11.00						
Kundalini	Initiation Pilates						
Caroline B	Franck J						
10.30 - 11.45		10.00 - 11.15	10.00 - 11.00	10.00 - 11.30	10.30 - 13.00		
Iyengar		Hatha Vinyasa	Yoga Eveil 7-10	Kundalini			
Andrea E		Deepu K	Ferdie	Aurore Seetal A	Atelier * Pilates, Barre & Renfo		
	12.00 - 13.00	11.30 - 13.00	11.00 - 12.00	11.30 - 12.45			
	Pilates & Barre	Ashtanga	Pilates I	Vinyasa flow			
	Audrey P	Pauline L	Mathieu E	Nadia E			
13.00 - 14.15	13:00 - 14:00	13:00 - 14:30	12:00 - 13:00	12.45 - 13.45			
Ashtanga	Swiss Ball	Iyengar	Initiation Pilates	Hatha			
Sandra V	Caroline A	Carmen H	Mathieu E	Karine K			
14.30 - 16.00	14.00 - 15.00			13.45 - 15.00	13.30 - 14.30		
Astres & yoga	Pilates I-II			Iyengar	Pilates I		
Catherine S	Stéphanie U			Carmen H	Jane A		
16.00 - 17.00	15.00 - 16.00	14.30 - 17.30	15.00 - 16.00		14.30 - 15.30		
Yoga prénatal	Méthode Lilian Arlen		High Intensity		Swiss Ball		
Catherine S	Yasna S						
17.00 - 18.00	16.00 - 17.00	Atelier * Yoga & Méditation		16.15 - 17.15	15.30 - 17.00		
Yoga Intégral Flow	Barre au sol			Yin & Gong	Barre au sol		
Nico S	Yasna S			Camille S	Yasna S		
18.00 - 19.00		17.30 - 19.00	17.00 - 18.00	17.15 - 18.15	17.00 - 18.15		
Yoga Nidra		Ashtanga II	Barre Fusion	Yoga Nidra	Boxe & TRX		
Somaly T		Sandra V	Jason O	Somaly T	Charles L		
19.00 - 20.30	18.30 - 19.45						
Hatha Alignement	Boxe & TRX II						
Rajhas S	Ilyas B						
	19.45 - 20.45						
	Boxe & TRX I						
	Ilyas B						

- Yoga
- Pilates & Renfo
- Barre & Danse
- Méditation, Relaxation & Restorative
- Kids classes
- Autres disciplines

* Ateliers 49€
Hors carnet hors forfait

Planning Tigre Marais Reformer

Janvier 2019