

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE		
Cours co 1	Cours co 2	Cours co 1	Cours co 2	Cours co 1	Cours co 2	Cours co 1	Cours co 2	Cours co 1	Cours co 2	Cours co 1	Cours co 2	Cours co 1	Cours co 2	
		8.00 - 9.00 Pilates Hava S	8.00 - 9.00 Iyengar I Andrea E				07.45 - 08.45 High Intensity Reda R	8.00 - 09.00 Morning Flow Tatiana.E	8.00 - 9.00 Pilates I Hava					Yoga
	9.00 - 10.00 Vinyasa Clemence L	9.00 - 10.00 Ashtanga Tetyana P	09.00 - 10.00 Iyengar Mirentchu B	9.00 - 10.00 Déesse David K				9.00 - 10.00 Yoga de la Femme Tatiana.E	9.00 - 10.00 Déesse Naela S					Pilates
9.30 - 11.00 Vidyaa Vinyasa Cassandra K	10.00 - 11.00 Barre Fusion Jason O	10.00 - 11.00 Pilates 0-I Delphine R	10.00 - 11.00 Hatha Flow Emma M		10.00 - 11.30 Iyengar I-II Andrea E	10.00 - 11.00 Barre Flow Patricia K	10.00 - 11.30 Kundalini & Gong Véronique R		10.00 - 11.00 Body Enhance Naela S	10.45 - 11.30 Yoga Eveil 5-8 Adele W	10.00 - 11.30 Ashtanga I Cyril	10.00 - 11.00 Hatha & Méditation Samuel G		Fit Training
11.00 - 12.00 Stretching postural Else L	11.00 - 12.15 Iyengar 0-I Katia S	11.00 - 12.00 Vinyasa flow Marion S		11.00 - 12.30 Yoga Intégral Nico S		11.00 - 12.00 Pilates II Alexis L	11.30 - 12.30 Vinyasa 0-I Stéphane C	11.00 - 12.00 Yoga Pilates Mix Pema A	11.00 - 12.30 Yoga Intégral Nico S	11.30 - 12.30 Hip-Hop Franck L	11.30 - 12.30 Vinyasa I Adèle W	11.00 - 12.00 Vinyasa Flow Samuel G		Barre au sol Danse
12.00 - 13.00 Cross Fit Adrien S	12.30 - 13.45 Vinyasa flow Katia S	12.00 - 13.00 Yoga prénatal Marion S	12.00 - 13.00 Stamina Magoma L	12.30 - 13.45 Ashtanga Nico L	12.00 - 13.00 Pilates II Jane A		12.30 - 14.00 Vinyasa Mika de Brito	12.45 - 13.45 Hatha Emma M	12.30 - 13.30 Cardio-boxing David K	12.30 - 13.45 Vinyasa I-II Stéphane C	12.30 - 13.30 Yoga Prenatal Pauline L	12.00 - 13.30 Ashtanga Pauline L	12.15 - 13.15 Hatha Paula T	Méditation Soft class
	13.00 - 14.00 Pilates I-II Alexis L	13.00 - 14.00 Barre Flow Patricia K	13.00 - 14.00 Ashtanga Tetyana P	14.00 - 15.00 Vinyasa I Adèle W	13.00 - 14.00 Pilates I-II Jane A						13.30 - 14.30 Ashtanga 0-I Pauline L			MiniTigre
14.00 - 15.00 Barre Flow Danielle O		14.00 - 15.00 Pilates I Delphine R						14.30 - 15.30 Barre au sol Hanae M	14.00 - 15.00 Vinyasa 0-I Anne Gaelle	14.30 - 15.30 Swiss ball Hava S	15.00 - 16.30 Iyengar Andrea E			
				15.30 - 16.30 KIDokids 6-9 Marie Caroline P	15.30 - 16.30 Jivamukti Clemence L	16.00 - 17.00 Soft Hatha Charlotte B			15.00 - 16.00 Yin Anne Gaelle	15.30 - 16.30 Pilates I-II Hava S	16.30 - 18.00 Cross Fit Adrien S			
	17.00 - 18.00 Qi Gong Frank G		17.00 - 18.00 Soft hatha Charlotte B	16.30 - 17.30 KIDokids 3-5 Marie Caroline P	16.30 - 17.30 Barre Fusion Jason O	17.30 - 18.15 Danse 3-6 Estelle E		17.00 - 18.00 Pilates I-II Lida C	17.00 - 18.00 Ashtanga Nico L	17.00 - 18.00 Barre Fusion Jason O		16.30 - 18.00 Brooklyn Flow Mickael H	16.30 - 17.30 Pilates I Jane A	
18.30 - 19.30 Hatha Emma M	18.00 - 19.30 Iyengar Mirentchu B	18.00 - 19.30 Ashtanga Pauline L	18.00 - 19.30 Kundalini & Gong Véronique R		18.30 - 19.30 Yoga Pilates Mix Pema A	18.30 - 19.30 Ashtanga Tetyana P	18.00 - 19.00 Yoga Pilates Mix Pema A	18.00 - 19.00 Barre Flow Emma R	18.00 - 19.00 Yin Nico L		18.00 - 19.30 Yin Camille S	18.00 - 19.00 Swiss ball Jane A	17.30 - 19.00 Yin Emma/Valérie	
19.30 - 20.30 High Intensity Arnaud R	19.30 - 21.00 Jivamukti Clémence L		19.30 - 20.30 Yin Camille S	19.30-20.30 Barre au sol Hanae M	19.30 - 21.00 Ashtanga Pauline	19.30 - 21.00 Yin Anne Gaelle	19.00 - 20.15 Vinyasa Flow Nadia E		19.00 - 20.30 Jivamukti Clémence L					

**PLANNING TIGRE  
NEULLY 2017**

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9.00 - 10.00 Tower Chair Reformeur 1/2 <i>Jane A</i>	9.00 - 10.00 Tower Chair Reformeur2/3 <i>Patricia K</i>	9.00 - 10.00 Tower Chair Reformeur 2/3 <i>Janes A</i>	9.00 - 10.00 Tower Chair Reformeur 2/3 <i>Patricia K</i>	9.00 - 10.00 Tower Chair Reformeur 2/3 <i>Patricia K</i>		
10.00 - 11.00 Tower Chair Reformeur 2 <i>Jane A</i>	10.00 - 11.00 Tower Chair Reformeur 2 <i>Patricia K</i>	10.00 -11.00 Tower Chair Reformeur 2/3 <i>Janes A</i>	10.00 - 11.00 Tower Chair Reformeur <i>Alexis L</i>	10.00 - 11.00 Tower Chair Reformeur 2/3 <i>Patricia K</i>	10.00 - 11.00 Tower Chair Reformeur 1 <i>Patricia K</i>	
11.00 - 12.00 Tower Chair Reformeur 2/3 <i>Jane A</i>					11.00 - 12.00 Tower Chair Reformeur 2 <i>Patricia K</i>	
	12.00 - 13.00 Tower Chair Reformeur2/3 <i>Patricia K</i>	12.00 - 13.00 Tower Chair Reformeur 1/2 <i>Patricia K</i>	12.00 -- 13.00 Tower Chair Reformeur 2 <i>Patricia K</i>	12.00 - 13.00 Tower Chair Reformeur 2/3 <i>Patricia K</i>	12.00 - 13.00 Tower Chair Reformeur 2/3 <i>Patricia K</i>	
		13.00 - 14.00 Tower Chair Reformeur 2/3 <i>Patricia K</i>	13.00 - 14.00 Tower Chair Reformeur 1 <i>Patricia K</i>	13.00 - 14.00 Tower Chair Reformeur 2/3 <i>Patricia K</i>		
19.00 - 20.00 Tower Chair Reformeur 2/3 <i>Patricia K</i>	19.00 - 20.00 Tower Chair Reformeur2/3 <i>Patricia K</i>	19.00 - 20.00 Tower Chair Reformeur 2/3 <i>Patricia K</i>	19.00 - 20.00 Tower Chair Reformeur 2/3 <i>Alexis L</i>			