

Planning Tigre Neuilly DECEMBREE 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 Yoga Intégral Emma M		8.00-9.00 Ashtanga Tetyana P									
9.00-10.00 Hatha Emmanuel T		9.00 - 10.00 Ashtanga Tetyana P	8.30 - 09.45 Vinyasa Miguel M	9.00 - 10.00 Viniyoga Lina F	8.30 - 09.30 High Intensity Arnaud R	8.45 - 09.30 Méditation	8.45 - 10.00 Vinyasa Miguel M	9.00 - 10.00 Barre au sol Audrey R	9.00-10.15 Hatha Emmanuel T				
10.00 - 11.00 Cardio Boxing Ilyas B		10.00 - 11.00 Pilates I Christina S	9.45 - 11.00 Hatha Holistic Karine K	10.00 - 11.00 Viniyoga Lina F	9.30-11.00 Iyengar I-II Andrea E	10.00 - 11.00 Barre Flow Jennifer D	10.00 - 11.30 Kundalini & Gong Véronique R	10.00 - 11.00 Souplesse Audrey R	10.30 - 11.30 Graceful Movement Jennifer D	10.00 - 11.00 Kids Yoga 5-8 ans Agnes G	10.00 - 11.30 Ashtanga I-II Cyril L	10.00 - 11.00 High Intensity Ilyas B	
11.00 - 12.00 Stretching postural Else L	11.00 - 12.00 Initiation Pilates Christina S	11.00-12.00 Yoga Prénatal Dora SG	11.00 - 12.00 Swiss ball Christina S	11.00 - 12.00 Dynamic BS Jennifer D	11.00 - 12.30 Yoga Intégral Nico S	11.00 - 12.00 Pilates II Alexis L	11.30 - 12.30 Hatha Holistic Karine K	11.00 - 12.30 Yoga Intégral Nico S	11:30 - 12:30 Pilates I Christina S	11.00 - 12.00 Barre au sol Hanae M	11.30 - 12.30 Vinyasa Flow	11.00 - 12.15 Cardio Boxing Ilyas B	
12.15 - 13.15 Barre au sol Audrey R	12.15 - 13.30 Vinyasa Flow Nadia E	12.00 - 13.00 Vinyasa flow Miquel M	12.15 - 13.15 Stamina Arnaud R	12.00 - 13.00 Pilates II Virginie M	12.30 - 13.45 Ashtanga I-II Nico L		12.30 - 13.45 Vinyasa Flow Nadia E	12.30 - 13.45 Yoga Pilates Mix Pema A	12.30 - 13.30 Pyrfit Maik N	12.00 - 13.00 Barre Classique Hanae M	12.30 - 13.45 Hatha Emmanuel T	12.15 - 13.45 Ashtanga Pauline L	12.15 - 13.30 Hatha Emmanuel T
13.15 - 14.15 Souplesse Audrey R	13.30 - 14.30 Pilates I-II Alexis L	13.00-14.00 Barre Flow Jason O	13.15 - 14.15 Pilates I Emily T	13.00 - 14.00 Pilates I Virginie M	14.00 - 15.00 Sophrologie Charlotte C	13.00 - 14.00 High Intensity Arnaud R			13.30 - 15.00 Kundalini & Gong Adele W			14.00 - 16.15 Atelier*	
			14.30 - 15.30 Initiation Pilates Emily T					14.30 - 15.30 Barre au sol Hanae M		14.15 - 15.15 Pilates Accessoires Emily T	15.00 - 16.30 Iyengar Magda T		
				16.30 - 17.30 Kids Yoga 7-10 ans Marie Caroline P	16.30 - 17.30 Pilates I Emily T	16.45 - 17.30 Danse 4-6 ans Estelle E		16.00 - 17.00 Cardio Boxing Charles L		15.15 - 16.15 Pilates I Emily T	16.30 - 18.00 Kundalini & Gong Véronique R		
17.00 - 18.30 Kundalini & Gong Adele W	17.00 - 18.00 Qi Gong Franck G	17.00 - 18.00 Streetdance 8-10 ans Amandine S		17.30 - 18.30 Streetdance 11-14 ans Amandine S		17.30 - 18.15 Baby Danse 2-3 ans Estelle E	17.00 - 18.00 Kids Yoga 7-10 ans Marie Caroline P	17.00 - 18.00 High Intensity Charles L	17.00 - 18.00 Ashtanga I Nico L	17.00 - 18.00 Méditation Stéphane C		16.30 - 18.00 Hatha Holistic Karine K	16.30 - 17.30 Pilates I-II Emily T
18.30 - 19.30 Hatha Emma M	18.00 - 19.30 Iyengar I-II Magda T	18.15 - 19.30 Ashtanga Tetyana P	18.00 - 19.30 Kundalini & Gong Véronique R	18.30 - 19.30 Yoga Pilates Mix Pema A	18.30 - 19.30 Vinyasa 1 Deepee K	18.30 - 19.30 Ashtanga Tetyana P	18.00 - 19.30 Pyrfit Maik N	18.00 - 19.00 Yoga Pilates Mix Lida C	18.00 - 19.00 Yin Nico L	18.00 - 19.30 Yin Camille S		18.00 - 19.00 Pilates Accessoires Emily T	17.30 - 19.00 Yin Emma M
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 L	19.30 - 20.30 Yoga Nidra Somaly T			19.00 - 20.00 Candlelight Vinyasa Clémence L				

Yoga

Pilates

Fit Training

Barre au sol
Danse

Méditation
Soft class

MiniTigre

* Ateliers 49€

Hors carnet hors forfait

Niveau 0-I :
initiation

Niveau I :
débutant - moyen

Niveau I-II :
intermédiaire

Niveau II :
avancé