

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 Integral Emma M			7.45 - 8.30 High Intensity Patrick K		8.00 - 9.00 Pilates I Meritxell F	8.00 - 9.00 Vinyasa				
8.45 - 10.00 Vidyaa Vinyasa Cassandra K		9.00 - 10.00 Ashtanga Tetyana P	9.00 - 10.00 Iyengar I Magda T		9.00 - 10.00 High Intensity Arnaud R	9.00 - 10.00 Pilates Fusion Jennifer D	8.45 - 09.45 Hatha Adèle W	9.00 - 10.00 Barre au sol Audrey R					
10.00 - 11.00 Barre Fusion Jason O		10.00 - 11.00 Pilates I Delphine R	10.00 - 11.00 Soft Hatha Emma M	9.45 - 11.00 Vinyasa Pauline L	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 Souplesse Audrey R	10.30 - 11.30 Pilates Fusion Jennifer D	10.45 - 11.30 Yoga Eveil 5-8 ans Adele W	10.00 - 11.30 Ashtanga I-II Cyril L		10.00 - 11.15 Pyrfit Maik N
11.00 - 12.00 Stretching postural Else L	11.00 - 12.00 Vinyasa I Mica A	11.00 - 12.00 Yoga prénatal Marion S	11.00 - 12.00 Swiss ball Delphine R	11.00 - 12.30 Yoga Intégral Nico S		11.00 - 12.00 Pilates II Alexis L	11.30 - 12.30 Initiation Vinyasa Stéphane C	11.00 - 12.30 Yoga Intégral Nico S		11.30 - 12.30 Barre au sol Hanae M	11.30 - 12.30 Vinyasa Flow Adèle W	11.15 - 12.15 Vinyasa flow Maik N	
12.15 - 13.15 Barre au sol Audrey R	12.15 - 13.15 High Intensity Adrien S	12.00 - 13.00 Vinyasa flow Marion S	12.15 - 13.15 Stamina Magoma L	12.30 - 13.45 Ashtanga I-II Nico L	12.00 - 13.00 Pilates II Virginie M	12.30 - 13.45 Vinyasa Nadia E		12.30 - 13.45 Yoga Pilates Mix Pema A	12.30 - 13.30 Pyrfit Maik N	12.30 - 13.30 Barre Classique Hanae M	12.30 - 13.30 Yin & Meditation Adèle W	12.15 - 13.45 Ashtanga I Pauline L	12.15 - 13.15 Hatha Paula T
13.15 - 14.15 Barre classique Audrey R	13.15 - 14.15 Pilates I-II Alexis L		13.15 - 14.15 Pilates I Tania S		13.00 - 14.00 Pilates I Virginie M				13.30 - 14.45 Vinyasa Flow Nadia E			14.00 - 16.30	
			14.30 - 15.30 Initiation Pilates Tania S	15.30 - 16.30 Jivamukti Clémence L				14.30 - 15.30 Barre au sol Hanae M		14.30 - 15.30 Swiss Ball Yannik D	15.00 - 16.30 Iyengar Andrea E	Atelier*	
				16.30 - 17.30 KIDokids 6-10 Marie Caroline P	16.30 - 17.30 Barre Flow Patricia K	16.45 - 17.30 Danse classique 3-5 Estelle E				15.30 - 16.30 Pilates I Yannik D	16.30 - 18.00 Kundalini & Gong Véronique R		
	17.00 - 18.00 Qi Gong Frank G	17.00 - 18.00 Streetdance 8-11 Amandine		17.30 - 18.30 Streetdance 12 et plus Amandine	17.30 - 18.30 Pyrfit Maik N	17.30 - 18.15 Danse classique 5-8 Estelle E	17.00 - 18.00 KIDokids 7 plus Marie Caroline P	17.00 - 18.00 Pilates I-II Lida C	17.00 - 18.00 Ashtanga I Nico L	17.00 - 18.00 Barre Fusion Jason O		16.30 - 18.00 Vinyasa Mica A	16.30 - 17.30 Pilates I-II Jane A
18.30 - 19.30 Hatha Emma M	18.00 - 19.30 Iyengar I-II Mirentchu B	18.15 - 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	18.30 - 19.30 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		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 L	19.30 - 21.00 Yin Anne-Gaëlle			19.00 - 20.30 Jivamukti Clémence L				

Yoga

Pilates

Fit Training

Barre au sol
DanseMéditation
Soft class

MiniTigre

* Ateliers 49€

Hors carnet hors forfait

Niveau 0-I :
initiation

Niveau I :
débutant - moyen

Niveau I-II :
intermédiaire

Niveau II :
avancé

Planning Tigre Neuilly Pilates

Novembre 2017

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	9.00 - 10.00 Tower Chair Reformeur2/3 <i>Patricia K</i>	9.00 - 10.00 Tower Chair Reformeur 2/3 <i>Yannik D</i>	9.00 - 10.00 Tower Chair Reformeur 2/3 <i>Patricia K</i>	9.00 - 10.00 Tower Chair Reformeur 2/3 <i>Meritxell F</i>		
	10.00 - 11.00 Tower Chair Reformeur 2 <i>Patricia K</i>	10.00 -11.00 Tower Chair Reformeur 2/3 <i>Yannik D</i>	10.00 - 11.00 Tower Chair Reformeur 1 <i>Alexis L</i>	10.00 - 11.00 Tower Chair Reformeur 2/3 <i>Meritxell F</i>	10.00 - 11.00 Tower Chair Reformeur 1 <i>Yannik D</i>	
11.00 - 12.00 Tower Chair Reformeur 1 <i>Alexis L</i>					11.00 - 12.00 Tower Chair Reformeur 2 <i>Yannik D</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>Meritxell F</i>	12.00 - 13.00 Tower Chair Reformeur 2/3 <i>Yannik D</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>Meritxell F</i>		
						15.30 - 16.30 Tower Chair Reformeur 1 <i>Jane A</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>			

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