

Planning Tigre Neuilly SEPTEMBRE 2019

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				8.00 - 9.00 High Intensity Gilles						
9.00-10.00 Hatha Emmanuel T		9.00 - 10.00 Ashtanga Tetyana P			8.30 - 09.30 High Intensity Arnaud R		8.45- 10.00 Iyengar I Andrea E	9.00 - 10.00 Barre au sol Vanessa V	9.00-10.15 Hatha Emmanuel T					
10.00 - 11.00 Vinyasa Marine F	10.00 - 11.00 Swiss ball Christina S	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 Vanessa V	10.30 - 11.30 Pilates Fusion Noemie F	10.00 - 11.00 Soft Hatha Alex M	10.00 - 11.30 Ashtanga I-II Cyril L	10.00 - 11.00 High Intensity Ilyas B	10.00 - 11.00 Barre Flow Nath/Noemie	
	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 Barre au sol Marie P	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 Marine F	11.00 - 12.15 Cardio Boxing Ilyas B	11.00 - 12.15 Barre Flow Nath/Noemie	
12.15 - 13.15 Barre au sol Julie G	12.15 - 13.30 Vinyasa Flow Nadia E	12.00 - 13.00 Vinyasa Miquel M	12.15 - 13.15 Stamina Arnaud R	12.00 - 13.00 Pilates II Virginie M	12.30 - 13.30 Ashtanga I-II Laurence D	12.15 - 13.15 Pilates Fusion Noemie F	12.30 - 13.30 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 Vinyasa Flow Amy B	12.15 - 13.30 Hatha Emmanuel T	
13.15- 14.15 Souplesse Julie G	13.30 - 14.30 Pilates I-II Alexis L	13.00-14.15 Vinyasa Flow Nadia E	13.15 - 14.15 Pilates I Emily T	13.00 - 14.00 Pilates I Virginie M	13.30 - 14.30 Yin Laurence D	13.15 - 14.15 Yoga Pilates Mix Lida C	13.30 - 14.45 Iyengar I Stephane B	13.30 - 14.45 Iyengar I Stephane B	13.30 - 14.30 Barre au sol Hanae M	13.00-14.00 Yin Marine F	14.00- 15.00 High Intensity Gilles S	14.00 - 16.15 Atelier*	14.00- 15.15 Yin & Gong Amy B	
										14.15 - 15.15 Pilates Accessoires Kirstein H	15.00 - 16.30 Iyengar Magda T			
				16.30 - 17.30 Kids Yoga 7-10 ans Marie Caroline P	16.30 - 17.30 Hatha Alex M		16.45 - 17.30 Danse 4-6 ans Estelle E			15.15 - 16.15 Pilates I Kirstein H	16.30 - 18.00 Kundalini & Gong Véronique R			
17.30 - 18.30 Méditation Anne Gabriel S	17.00 - 18.00 Qi Gong Franck G	17.00 - 18.00 Streetdance 8-10 ans Amandine S	17.00 - 18.00 High Intensity Gilles	17.30 - 18.30 Streetdance 11-14 ans Amandine S		17.00 - 18.00 Kids Yoga 7-10 ans Marie Caroline P	17.30 - 18.30 Barre au sol Hanae M	17.00 - 18.00 High Intensity Gilles S		16.30 - 18.00 Ashtanga Celia A		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	18.15 - 19.30 Vinyasa Deepu K	18.00 - 19.30 Pyrfit Maik N	18.30 - 19.30 Ashtanga Tetyana P	18.00 - 19.00 Yoga Pilates Mix Lida C	18.00 - 19.00 Vinyasa Dora S	18.00-19.00 Yin		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 Darko	19.30-20,30 Sophrologie Charlotte C	19,30-20,30 Yin Camille	19.30-20.30 Barre au sol Hanae M	19.30 - 21.00 Ashtanga Pauline L	19.30-20.30 Yoga Nidra Somaly	19.30-20.30 Blind Yoga Marion B		19.00 - 20.00 Yin Dora S					

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