

TIGRE YOGA LYON
PLANNING DE COURS COLLECTIFS
FEVRIER 2020

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		8.00 - 9.00		8.00 - 9.00		7.30 - 8.30	8.15 - 9.30	8.00 - 9.00						
Vinyasa Morning Flow		Hatha		Pranayama & Meditation		Vinyasa Morning Flow	Kundalini	Ashtanga						
Jean Gerald D		Stéphane M		Maxime G		Jean-Gerald D	Nathalie Z	Benoit P						
		9.00 - 10.00		9.00 - 10.00	8.30 - 9.30	9.00-10.00	9.30 - 10.30	9.00 - 10.00						
		Vinyasa		Vinyasa	Pilates	Souplesse	Swiss ball	Vinyasa						
		Stéphane M		Maxime G	Jerome O	Jean-Gerald D	Cathy R	Benoit P						
10.30 - 11.45	10.00 - 11h30	10.00 - 11.00		10.30 - 11.45	10.00 - 11.00	10.00 - 11.15	10.30 - 11.30	10.00 - 11.15	10.30 - 11.30	10.00 - 11.15	10.00 - 11.15	10.00 - 11.15	10.00 - 11.00	
Iyengar	Vinyasa	Hatha & Méditation		Iyengar	Swiss ball	Hatha	Pilates	Iyengar	Pilates	Hatha Flow	Barre au Sol	Vinyasa Flow	Pilates	
Gabriel G	Jean Gerald D	Emilie C		Gabriel G	Jerome O	Heloise L	Cathy R	Samuel L	Jérôme O	Philippe R		Marquerite/ J. Gérald	Philippe / Samantha	
										11.30 - 12.45	11.15 - 12.15	11.30 - 12.30	11.00 - 12.00	
										Vinyasa	Pilates	Yin / Yoga Restoratif	Barre au Sol / Swiss Ball	
										Aurore G	Philippe R	Marquerite/ J. Gérald	Philippe / Samantha	
12.15 - 13.30	12.15 - 13.15	12.15 - 13.15	12.15 - 13.15	12.00 - 13.15	12.15 - 13.15	12.15 - 13.15	12.15 - 13.15	12.15 - 13.30	12h15 - 13.15					
Hatha Flow	Pilates	Vinyasa	Pilates	Kundalini	High Intensity	Vinyasa	Pilates	Vinyasa Flow	High Intensity					
Heloise L	Samantha L	Aurore G	Cathy R	Sebastien R	Jérôme O	Maxime G	Sébastien L	Jean-Gerald D	Jérôme O					
13.30 - 14.30	13.15 - 14h15	13.15 - 14.15	13.15 - 14.15	13.15 - 14.30	13.30 - 14.30	13.15 - 14.15	13.15 - 14.15	13.30 - 14.30	13.15 - 14.15	14.00 - 16.30	14.00 - 15.00	14.00 - 16.30	14.00 - 16.30	
Yin	Swiss Ball	Yogathérapie	Pilates Accessoire	Ashtanga	Pilates	Yoga Restorative	Barre au Sol	Pranayama & Méditation	Pilates	Atelier * Yoga & Méditation	Yin / Yoga Restoratif	Atelier * Yoga & Méditation		
Heloise L	Samantha L	Cécilia V	Cathy R	Benoit P	Jérôme O	Maxime G	Sébastien L	Maxime G	Jérôme O		Marquerite/ J. Gérald		15.00 - 16.00	
											Vinyasa		16.00 - 17.15	
											Pranayama et Méditation		Nathalie Z	
	17.30 - 18.30	17.30 - 18.30			17.30 - 18.30	17.30 - 18.30	17.30 - 18.30	17.00 - 18.15	17.00 - 18.30	17.00 - 18.00		17.00 - 18.30	17.00 - 18.30	
	Vinyasa	Ashtanga			Pilates	Vinyasa Flow	Barre au Sol	Vinyasa	Kundalini	Yoga Nidra		Iyengar	Hatha Flow	
	Emilie C	Aline R			Sandra V.	Jean-Gerald D	Philippe R	Jean-Gerald D	Nathalie Z	Celine		Gabriel G	Rada S	
18.00 - 19.15	18.30 - 20.00	18.30 - 19.30	18.00 - 19.30	18.00 - 19.15	18.30 - 19.30	18.30 - 19.30	18.30 - 19.30	18.15 - 19.30	18.30 - 19.30	18.00 - 19.30		18.30 - 19.30	18.30 - 19.30	
Hatha	Ashtanga	Yin	Kundalini	Hatha	Pilates	Yoga Restorative	Pilates	Yoga Restorative	Pilates	Kundalini			Pranayama et Méditation	
Geraldine S	Benoit P	Aline R	Sebastien R	Geraldine S	Sandra V.	Jean-Gerald D	Philippe R	Jean-Gerald D	Sébastien L	Nathalie Z			Rada S	
19.30 - 20.45	20.00 - 21.00	19.30 - 21.00		19.30 - 20.30		19.30 - 20.45	19.30 - 20.45	19.30 - 20.45	19.30 - 20.30					
Vinyasa Alignement	Yoga Nidra	Vinyasa		Candlelight Vinyasa		Iyengar	Vinyasa	Hatha	Souplesse					
Maxime G	Céline C	Jean Gerald D		Aurore G		Samuel L	Benoit P	Maxime G	Sébastien L					

Légendes :

Yoga	Méditation, Relaxation & Restorative	Kids classes	* Ateliers hors carnet/forfait	Pilates & Renfo	Barre & Danse	Fit Training
------	--------------------------------------	--------------	-----------------------------------	-----------------	---------------	--------------

RESERVATIONS

par téléphone :04.81.65.14.62 ou par mail : lyon@tigre-yoga.com

Merci de penser à annuler vos réservations minimum 2 heures en avance

Version du 5.2.20