


| DILLUNS | | DIMARTS | DIMECRES | DIJOUS | | DIVENDRES | |
|--|---|-------------------------------------|--|--|----------------------------|--|------------------------------|
| | | | 7:30 – 8:30 IOGA MATINAL | | | | |
| 9:30 -10:45 VINYASA IOGA | 9:30 – 10:30 FLEXIBILITAT MOBILITAT | 9:30 – 10:45 KUNDALINI IOGA | 9:30 – 10:45 HATHA IOGA | 9:30 – 10:45 UNNATA - IOGA AERI | 9:30 – 11 HATHA IOGA | 9:30 – 10:30 FLEXIBILITAT I MOBILITAT | 9:30 a 10:45 VINYASA IOGA |
| | | | 10:30 – 12:00 RIO ABIERTO | 11:30 – 12:30 IOGA SENIORS | | | |
| | | | | | | | |
| 17:15 – 18:15 IOGA amb HIPOPRESSIUS | | 17:00 a 18:15 IOGA POSTPART | 17:30 – 18:30 IOGA KIDS de 6 a 11 anys | 17:30 – 18:45 IOGA TEENS A partir de 12 anys | | | |
| 18:30 – 19:45 IOGA EMBARÀS | | 18:00 – 19:15 YIN YOGA | 18:00- 19:00h FLEXIBILITAT I MOBILITAT | 18:00 – 19:15 HATHA IOGA | | 18:30 a 19:45 HATHA IOGA | |
| 19:00 – 20:15 KUNDALINI IOGA | | 19:00 – 20:30 RIO ABIERTO | 19:00 – 20:15 KUNDALINI IOGA | 19:30 – 20:45 KHATVA Ioga Restauratiu | | 19:00 – 20:00 CANTAMANTRA Meditació Bhakti Mensual | |
| 20:00 – 22:00 UNNATA IOGA AERI 1Q i 2Q – UdG (*) | | 19:30 – 20:45 UNNATA - IOGA AERI | 19:30 – 20:45 ASHTANGA IOGA | | | | |
| | | | | Grups inclosos a la tarifa plana  | | | |