



HAPPY YOGA GIRONA SANT NARCÍS

AV. SANT NARCÍS, 16, 40 17005 – GIRONA

DILLUNS	DIMARTS	DIMECRES	DIJOUS		DIVENDRES
9:30 -10:45 VINYASA FLOW (Andrea)	9:30 - 10:45 KUNDALINI IOGA (Sílvia)	9:30 – 10:45 SIVANANDA IOGA (Carlos)	9:30 – 11:00 HATHA IOGA (Naresh)		9:30 a 10:45 VINYASA IOGA (Carlos)
		11:00 – 12:30 RIO ABIERTO (Marta P)	11:30 – 12:30 IOGA SÈNIORS (Carlos)		
14:15 -15:30 HATHA IOGA (Naresh)					14:15 -15:15 FLEXIBILITAT I MOBILITAT (Steve)
17:30 – 18:45 IOGA EMBARÀS (Ali)	17:00 a 18:15 IOGA POSTPART (Ali)	17:30 - 18:45 UNNATA IOGA AERI (Marta/Siso)			
18:00 -19:15 VINYASA IOGA (John)	18:00 –19:15 YIN YOGA (Carlos)	18:00- 19:00h FLEXIBILITAT I MOBILITAT (Steve)	18:00 – 19:15 KHATVA RESTAURATIU (Marta)	18:00 – 19:15 SIVANANDA IOGA (Carlos)	18:30 a 20:00 HATHA IOGA (Naresh)
19:00 – 20:15 KUNDALINI IOGA (Siso/Sílvia)	19:00 – 20:30 RIO ABIERTO (Marta P)	19:00 – 20:15 KUNDALINI IOGA (Marta/Siso)	19:30 – 20:30 INVERTIDES I VERTICALS (Steve)		20:15 – 21:15 MEDITACIÓ GUIADA (Naresh)
20:00 – 22:00 UNNATA IOGA AERI 1Q i 2Q – UdG (*) (Cris)	19:30 – 20:45 UNNATA IOGA AERI (Virginia)	19:30 – 20:45 ASHTANGA IOGA (John)	19:30- 20:45 KHATVA RESTAURATIU (Marta)		

Grups inclosos a la tarifa plana



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