



# HAPPY YOGA GIRONA SANT NARCÍS

AV. SANT NARCÍS, 16 17005 – GIRONA

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

Grups inclosos a la tarifa plana



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