



HAPPY YOGA GIRONA SANT NARCÍS

AV. SANT NARCÍS, 16 17005 – GIRONA

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
9:30 -10:45 VINYASA IOGA (Andrea)	9:30 - 10:45 KUNDALINI IOGA (Silvia)	9:30 – 10:45 SIVANANDA IOGA (Carlos)	9:30 – 11:00 HATHA IOGA (Carlos)	9:30 a 10:45 VINYASA IOGA (Andrea)
		11:00 – 12:30 RIO ABIERTO (Marta P)	11:30 – 12:30 IOGA SÈNIORS (Carlos)	
17:30 – 18:45 IOGA EMBARÀS	17:00 a 18:15 IOGA POSTPART			
18:30 -19:45 VINYASA IOGA (Andrea)	18:00 –19:15 YIN YOGA (Carlos)	18:00 - 18:45 UNNATA IOGA AERI (Marta/Siso)	18:00 – 19:15 KHATVA RESTAURATIU (Marta)	
19:00 – 20:15 KUNDALINI IOGA (Silvia)	19:00 – 20:30 RIO ABIERTO (Marta P)	19:00- 20:00h FLEXIBILITAT I MOBILITAT (Steve)	19:30 – 20:30 INVERTIDES I VERTICALS (Steve)	
	19:30 – 20:45 UNNATA IOGA AERI (Virginia)	19:30 – 20:45 KUNDALINI IOGA (Marta/Siso)	19:30- 20:45 KHATVA RESTAURATIU (Marta)	

Grups inclosos a la tarifa plana



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