



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 (Naresh) | 9:30 – 10:45 VINYASA IOGA (Andrea) |
| | | 11:00 – 12:30 MOVIMENT EXPRESSIU (Marta Pineda) | 11:30 – 12:30 IOGA SÈNIORS (Carlos) | |
| 14:15 – 15:30 HATHA IOGA (Naresh) | | | | |
| | 16:15 – 17:45 MOVIMENT EXPRESSIU (Marta Pineda) | 18:00 – 19:15 UNNATA IOGA AERI (Marta/Siso) | | |
| 18:30 – 19:45 VINYASA IOGA (Andrea) | 18:00 – 19:15 YIN YOGA (Carlos) | 18:30 – 19:45 ASHTANGA IOGA (Alfons) | 18:00 – 19:15 KHATVA RESTAURATIU (Marta) | 18:30 – 20:00 HATHA IOGA (Naresh) |
| 19:00 – 20:15 KUNDALINI IOGA (Siso/Silvia) | 18:30 – 20:00 MOVIMENT EXPRESSIU (Marta Pineda) | 19:30 – 20:45 KUNDALINI IOGA (Marta/Siso) | 19:00 – 20:15 VINYASA IOGA (Carlos) | 20:15 – 21:15 MEDITACIÓ GUIADA (Naresh) |
| 20:00 – 22:00 UNNATA IOGA AERI 1Q i 2Q – UdG (Cris) | 19:30 – 20:45 IOGA AERI (Virginia) | 20:00 – 22:00 TÈCNiques RELAXACIÓ 1Q i 2Q UdG (Cris) | 19:30 – 20:45 KHATVA RESTAURATIU (Marta) | |

Grups inclosos a la tarifa plana



www.happyyogagirona.com / info@happyyogagirona.com / T. 616 952 314