



# HAPPY YOGA GIRONA SANT NARCÍS

AV. SANT NARCÍS, 16 17005 – GIRONA

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
9:30 – 10:45 <b>VINYASA IOGA</b> (Andrea)	9:30 – 10:45 <b>KUNDALINI IOGA</b> (Sílvia)	9:30 – 10:45 <b>SIVANANDA IOGA</b> (Carlos)	9:30 – 11:00 <b>HATHA IOGA</b> (Naresh)	9:30 – 10:45 <b>VINYASA IOGA</b> (Andrea)
		11:00 – 12:30 <b>MOVIMENT EXPRESSIU</b> (Marta Pineda)	11:30 – 12:30 <b>IOGA SÈNIORS</b> (Carlos)	
14:15 – 15:30 <b>HATHA IOGA</b> (Naresh)				
	16:15 – 17:45 <b>MOVIMENT EXPRESSIU</b> (Marta Pineda)			17:30 – 18:45 <b>UNNATA IOGA AERI</b> (Violeta)
18:30 – 19:45 <b>VINYASA IOGA</b> (Andrea)	18:00 – 19:15 <b>YIN YOGA</b> (Carlos)	18:30 – 19:45 <b>ASHTANGA IOGA</b> (Alfons)	18:00 – 19:15 <b>KHATVA RESTAURATIU</b> (Marta)	18:30 – 20:00 <b>HATHA IOGA</b> (Naresh)
19:00 – 20:15 <b>KUNDALINI IOGA</b> (Siso/Sílvia)	18:30 – 20:00 <b>MOVIMENT EXPRESSIU</b> (Marta Pineda)	19:30 – 20:45 <b>KUNDALINI IOGA</b> (Marta/Siso)	19:00 – 20:15 <b>VINYASA IOGA</b> (Carlos)	19:30 – 20:30 <b>MEDITACIÓ I MANTRA</b> (Siso/Paolo)
20:00 – 22:00 <b>UNNATA IOGA AERI</b> 1Q i 2Q – UdG (Cris)	19:30 – 20:45 <b>IOGA AERI</b> (Virginia)	20:00 – 22:00 <b>TÈCNIQUES RELAXACIÓ</b> 1Q i 2Q UdG (Cris)	19:30 – 20:45 <b>KHATVA RESTAURATIU</b> (Marta)	

Grups inclosos a la tarifa plana



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