



HAPPY YOGA GIRONA SANT NARCÍS

AV. SANT NARCÍS, 16 17005 – GIRONA

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
9:30 – 10:45 VINYASA IOGA	9:30 – 10:45 KUNDALINI IOGA	9:30 – 10:45 SIVANANDA IOGA	9:30 – 11:00 HATHA IOGA	9:30 – 10:45 VINYASA IOGA
		11:00 – 12:30 MOVIMENT EXPRESSIU	11:30 – 12:30 IOGA SÈNIORS	
14:15 – 15:30 HATHA IOGA				
	16:15 – 17:45 MOVIMENT EXPRESSIU	17:30 – 19:30 UNNATA IOGA AERI 2Q – UdG		17:15 – 18:30 UNNATA IOGA AERI
18:30 – 19:45 VINYASA IOGA	18:00 – 19:15 YIN YOGA	18:30 – 19:45 ASHTANGA IOGA	18:00 – 19:15 KHATVA RESTAURATIU	18:30 – 20:00 HATHA IOGA
19:00 – 20:15 KUNDALINI IOGA	18:30 – 20:00 MOVIMENT EXPRESSIU	19:30 – 20:45 KUNDALINI IOGA	19:00 – 20:15 VINYASA IOGA	
20:00 – 22:00 UNNATA IOGA AERI 1Q i 2Q – UdG	19:30 – 20:45 UNNATA IOGA AERI	20:00 – 22:00 TÈCNiques RELAXACIÓ 1Q i 2Q UdG	19:30 – 20:45 KHATVA RESTAURATIU	

Grups inclosos a la tarifa plana



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