



# HAPPY YOGA GIRONA SANT NARCÍS

AV. SANT NARCÍS, 16 17005 – GIRONA

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
	7:30 – 8:30 ASHTANGA MATINAL			
9:30 -10:45 VINYASA IOGA	9:30 – 10:45 KUNDALINI IOGA	9:30 – 10:45 SIVANANDA IOGA	9:30 – 10:45 HATHA IOGA	9:30 – 10:45 VINYASA IOGA
			11:30 – 12:30 IOGA SENIORS	
	16:30 -18:00 MOVIMENT EXPRESSIU			17:15 – 18:30 IOGA AERI
18:30 -19:45 VINYASA IOGA	18:00 – 19:15 YIN YOGA		18:30 – 19:45 KHATVA loga RESTAURATIU	18:30 – 19:45 HATHA IOGA
19:00 – 20:15 KUNDALINI IOGA	18:30 – 20:00 MOVIMENT EXPRESSIU	18:30- 19:45h ASHTANGA IOGA	19:00 – 20:15 VINYASA IOGA	
20:00 – 22:00 UNNATA IOGA AERI 1Q i 2Q – UDG	19:30 – 20:45 IOGA AERI	19:00 – 20:15 SLOW IOGA	20:00 – 21:15 KHATVA loga RESTAURATIU	

Grups inclosos a la tarifa plana

