

CURS 2023 - 2024

# HORARI AGOST 24

ST. NARCÍS

**DIMARTS**

9.30 - 10.45 VINYASA IOGA

18.30 - 19.45 YIN YOGA

19.30 - 20.45 UNNATA IOGA  
AERI

ST. AGUSTÍ

**DIMECRES**

9.30 - 10.45 KUNDALINI IOGA

20.00 - 21.15 KUNDALINI IOGA

9.30 - 10.45 HATHA IOGA

19.00 - 20.15 VINYASA IOGA

20.00 - 21.15 KHATVA  
RESTAURATIU