



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 YIN IOGA	9:30 – 10:45 VINYASA IOGA	9:30 – 10:45 HATHA IOGA
			11:30 – 12:30 IOGA SENIORS	
	16:00 - 18:00 MOVIMENT PSICOCORPORAL			17:15 – 18:30 IOGA AERI
18:30 – 19:45 VINYASA IOGA	18:00 – 19:15 YIN YOGA		17:30 – 18:45 IOGA RESTAURATIU	18:30 – 19:45 VINYASA IOGA
19:00 – 20:15 KUNDALINI IOGA	18:30 – 20:30 MOVIMENT PSICOCORPORAL	18:30 – 19:45 ASHTANGA IOGA	19:00 – 20:15 HATHA 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 / Ioga RESTAURATIU	

Grups inclosos a la tarifa plana



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