

CURS 2024 - 2025

HORARI AGOST

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

ST. NARCÍS

DIJOUS

9.30 – 10.45 HATHA IOGA

19.00 – 20.15 VINYASA IOGA

20.00 – 21.15 KHATVA
RESTAURATIU