

horaris

intensitat baixa *

Curs 25-26

dilluns		dimarts		dimecres		dijous		dissabte
Sala gran	Sala petita	Sala gran	Sala petita	Sala gran	Sala petita	Sala gran	Sala petita	Sala gran
		Hatha Yoga* 9:15-10:30 Carme				Hatha Yoga* 9:15-10:30 Carme		Hatha Yoga* 9:30-10:45 Tanja / Pep
	Yoga Restauratiu* 17:00-18:15 Montse							
Hatha Yoga* 18:30-19:45 Carme	Hatha Yoga 18:30-19:45 Pep	Yoga iniciació* 18:30-19:45 Pep	Hatha Raja Yoga 18:30-19:45 Tanja	Hatha Vinyasa 18:30-19:45 Pep	Yoga Restauratiu* 18:30-19:45 Montse	Hatha Yoga* 18:30-19:45 Carme	Yoga Aeri 18:30-19:45 Pep	
	Yoga Aeri 20:00-21:15 Pep					Hatha Raja Yoga 20:00-21:15 Pep		