

Sâdhana

yoga i pilates

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
		07:00 - 08:00 VINYASA YOGA		07:00 - 08:00 VINYASA YOGA	
09:30 - 10:45 HATHA YOGA	09:30 - 10:30 PILATES	09:30 - 10:30 BARRE	09:30 - 10:45 HATHA YOGA	09:30 - 10:30 HIPOS + PILATES ZOOM	09:30 - 10:45 NAVAKARANA YOGA
					11:00 - 12:00 BARRE
15:20 - 16:30 HATHA YOGA + ZOOM		15:20 - 16:30 YOGA RESTAURATIU	15:20 - 16:20 HIPOS + PILATES ZOOM		
	16:00 - 17:00 YOGA SUAUI				
	17:15 - 18:30 HATHA YOGA + ZOOM	17:15 - 18:15 YOGA AERI NENS	17:15 - 18:30 HATHA YOGA + ZOOM		
17:30 - 18:30 PETITS YOGUIS			17:30 - 18:30 YOGA AERI ADOLESCENTS		
17:50 - 19:00 VINYASA YOGA		17:50 - 19:00 VINYASA YOGA			
18:45h - 20:00h YOGA I MEDITACIÓ	18:40 - 19:40 YOGA AERI	18:20 - 19:10 BARRE	18:40 - 19:40 ASHTANGA YOGA	18:00 - 19:00 PILATES FORÇA	
	19:00 - 20:15 VINYASA YOGA		18:45 - 19:35 HIPOS + PILATES	19:00 - 20:15 HATHA YOGA	
		19:15 - 20:45 KUNDALINI YOGA		19:15 - 20:15 BARRE	
19:15 - 20:05 PILATES		19:15 - 20:05 PILATES			
	19:45 - 21:00 HATHA YOGA		19:45 - 20:45 VINYASA YOGA		
			19:45 - 21:00 YOGA I MEDITACIÓ		
20:15 - 21:05 PILATES + ZOOM		20:15 - 21:05 PILATES + ZOOM			
20:15 - 21:30 HATHA YOGA					
	20:30 - 21:30 BARRE				

T. 612 255 831 Av Barcelona 182 Esc A local 1 Igualada www.sadhana-yoga.es info@sadhana-yoga.es

SALA SHANTI

SALA CHANDRA

SALA SURYA