

| <i>DILLUNS</i> | <i>DIMARTS</i> | <i>DIMECRES</i> | <i>DIJOUS</i> | <i>DIVENDRES</i> | <i>DISSABTE</i> |
|------------------------------------|------------------------------------|------------------------------------|---|-------------------------------------|---------------------------------------|
| 7:15-8:15 VINYASA YOGA | | 7:15-8:15 VINYASA YOGA | | 7:15-8:15 VINYASA YOGA | |
| 9:30-10:45 HATHA YOGA | 9:30-10:30 PILATES | 9:30-10:30 HATHA YOGA | 9:30-10:45 HATHA YOGA | 9:30-10:30 HIPOS+PILATES ZOOM | 9:30-10:45 VINYASA |
| | | 9:30-10:30 PILATES AERI | | | 11:00 YOGA EN FAMÍLIA Esporàdic |
| 15:20-16:30 HATHA YOGA +ZOOM | | 15:20-16:30 YOGA RESTAURATIU | 15:20 - 16:20 HIPOS+PILATES ZOOM | | |
| | 17:30-18:45 HATHA YOGA +ZOOM | | 17:15-18:30 HATHA YOGA +ZOOM | | |
| 17:30-18:30 PETITS YOGUIS | | 17:30-18:30 YOGA AERI NENS | 17:30-18:30 YOGA AERI ADOLESCENTS | 17:20-18:20 YOGA AERI NENS | |
| 17:50-19:00 VINYASA YOGA | | | | 17:30-18:30 PILATES FORÇA | |
| | 18:30-19:30 YOGA AERI | | 18:40-19:40 ASHTANGA | | |
| | 19:00-20:00 VINYASA YOGA | 18:45-20:00 HATHA YOGA +ZOOM | 18:45-19:35 HIPOS+PILATES | 18:45-20:00 HATHA YOGA | |
| 19:00-20:10 YOGA I MEDITACIÓ | | 19:00-20:15 KUNDALINI YOGA | | 19:00-20:10 YOGA I MEDITACIÓ | |
| 19:15-20:05 PILATES | | 19:15-20:05 PILATES | 19:45-21:00 HATHA YOGA | | |
| | 19:45-21:00 HATHA YOGA | | 19:45-20:45 VINYASA YOGA | | |
| 20:15-21:05 PILATES + ZOOM | | 20:15-21:05 PILATES + ZOOM | | | |
| 20:15-21:30 HATHA YOGA | | | | | |
| Sala Shanti | | Sala Surya | | Sala Chandra | |