



DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
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 YOGA
		9:30-10:30 PILATES AERI			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		19:00-20:30 KUNDALINI YOGA			
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	