



## HORARIS CURS 21.22

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7.30h - 8.30h		Hatha fluid			Hatha fluid
8.00h - 8.30h	Meditació		Meditació		
9.30h - 10.30h				Hatha Ioga	
10.00h - 11.00h		Ioga embarassades			Ioga +65
14.00h - 15.00h		Pilates			
15.15h - 16.30h			Hatha Ioga		Hatha Ioga
16.00h - 17.00h	Ioga adolescents			Ioga adolescents	
16.45h - 17.45h			Ioga nens/es		
18.00h - 19.15h	Yin Ioga		Yin Ioga		
18.15h - 19.15h		Pilates			
19.30h - 20.45h	Ioga dinàmic		Ioga dinàmic	Hatha Ioga	
19.30h - 20.30h		Pilates			
21.00h - 22.15h	Hatha Ioga		Hatha Ioga	Hatha Ioga	