

## HORARIS DE IOGA CURS 2018-19

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
loga 9h a 10:30h			loga 9h a 10:15h	Properament loga 10h-11h	Properament loga i Pranayama 8:30h-10h
		loga Embarassades 16h a 17h			Qigong/Tai Chi 10h a 13:30h Mensual
	loga 18h a 19h	loga 18h a 19h	loga 18h a 19h	loga Nens 18h a 19h	
loga Casal de la Dona 17:30h-19:30h quinzenal		Stretching Global Actiu 19:20h-20:20h	Properament loga 19h-20h		
loga 19h a 20:15h	loga 20h a 21:30h		loga 20h a 21:30h	loga 20h a 21:15h	