YogaOne

**HORARIO**
**YOGAONE GIRONA**
**A PARTIR DE AGOST 2026**

| LU | MA | MI | JU | VI | SA |
|---|---|---|---|---|---|
| 9:00 - 10:00<br>**YOGUILATES**<br>Walter<br>SALA 1 | | 9:15 - 10:15<br>**INTRO IOGA**<br>Monica<br>SALA 1 | | 9:15 - 10:15<br>**HATHA**<br>Monica<br>SALA 1 | |
| | 10:15 - 11:15<br>**HATHA**<br>Alfonso<br>SALA 1 | | 10:15 - 11:15<br>**RESTAURATIU**<br>Anita<br>SALA 1 | | 10:15 - 11:15<br>**HATHA - VINYASA**<br>Monica<br>SALA 1 |
| | | | | | |
| | | | | | |
| 17:00 - 18:00<br>**AUTOPRACTICA** | | 17:00 - 18:00<br>**AUTOPRACTICA** | | | |
| 18:10 - 19:10<br>**INTRO IOGA**<br>Anita<br>SALA 1 / 18:10 - 19:10<br>**BARRE**<br>Clara<br>SALA 2 | 18:10 - 19:10<br>**VINYASA II**<br>Joana<br>SALA 1 | 18:10 - 19:10<br>**HATHA ALINEACIÓ**<br>Estef<br>SALA 1 / 18:10 - 19:10<br>**BARRE**<br>Clara<br>SALA 2 | 18:10 - 19:10<br>**INTRO IOGA**<br>Francina<br>SALA 1 / 18:10 - 19:10<br>**BARRE**<br>Clara<br>SALA 2 | 18:10 - 19:10<br>**HATHA**<br>Virginia<br>SALA 1 | |
| 19:20 - 20:20<br>**DHARMA**<br>Anita<br>SALA 1 / 19:20 - 20:20<br>**RESTAURATIU**<br>Francina<br>SALA 2 | 19:20 - 20:20<br>**YIN IOGA**<br>Joana<br>SALA 1 / 19:20 - 20:20<br>**BARRE**<br>Clara<br>SALA 2 | 19:20 - 20:20<br>**POWER VINYASA**<br>Estef<br>SALA 1 | 19:20 - 20:20<br>**VINYASA**<br>Ariadna<br>SALA 1 | | |

**INTENSIDADES**

NIVEL AVANZADO

INTENSIDAD MEDIA

INTENSIDAD BAJA

**AUTOPRACTICA**