ALENAR

## SALA CONNECTA

| DILLUNS | DIMARTS | DC. | DIJOUS | DIVENDR. | DISSABTE | DIUMENGE |
|---|---|---|---|---|---|---|
| 09:45 - 10:45<br>**Ioga adults (Satyam Yoga) (Máx 10)** | 07:00 - 08:00<br>**Ioga adults (Satyam Yoga) (Máx 10)** | 18:15 - 19:15<br>**Ioga adults (Satyam Yoga) (Máx 10)** | 07:00 - 08:00<br>**Ioga adults (Satyam Yoga) (Máx 10)** | 19:00 - 20:00<br>**Pràctica meditació PDS (Máx 20)** | 10:00 - 11:00<br>**Ioga adults (Satyam Yoga) (Máx 10)** | |
| 18:15 - 19:15<br>**Ioga adults (Satyam Yoga) (Máx 10)** | 18:15 - 19:15<br>**Ioga adults (Satyam Yoga) (Máx 10)** | 19:30 - 20:30<br>**Ioga adults (Satyam Yoga) (Máx 10)** | 09:45 - 10:45<br>**Ioga adults (Satyam Yoga) (Máx 10)** | | | |
| 19:30 - 20:30<br>**Ioga adults (Satyam Yoga) (Máx 10)** | 19:30 - 20:30<br>**Ioga adults (Satyam Yoga) (Máx 10)** | | 18:15 - 19:15<br>**Ioga adults (Satyam Yoga) (Máx 10)** | | | |
| | | | 19:30 - 20:30<br>**Ioga adults (Satyam Yoga) (Máx 10)** | | | |

**25/01/2026**

ALENAR

## SALA CREACIÓ

| DILLUNS | DIMARTS | DC. | DIJOUS | DIVENDR. | DISSABTE | DIUMENGE |
|---|---|---|---|---|---|---|
| | 17:15 - 19:15<br>**Costura creativa (Máx 8)** | 19:30 - 20:30<br>**Autoconeixement, mindfulness i plenitud** | 17:15 - 19:15<br>**Macramé (Máx 8)** | 18:00 - 19:00<br>**Tècniques de meditació** | | |

**25/01/2026**