



## SCHEDULE 2018-2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>11:00-12:30</b> <b>Hatha Yoga</b> <b>All Levels</b> Georgia Georgoni	<b>09.00-10.15</b> <b>Morning Hatha Yoga</b> <b>All Levels</b> Pinelopi Gavrilaki	<b>11:00-12:30</b> <b>Hatha Yoga</b> <b>All Levels</b> Georgia Georgoni	<b>11:15-12:30</b> <b>Prenatal Yoga</b> Anna Petropoulou <b><i>Registration is required</i></b>		<b>11:00-12:30</b> <b>Hatha Yoga</b> <b>All Levels</b> Georgia Georgoni
	<b>10.30-12.00</b> <b>*Mom and Baby Yoga</b> Pinelopi Gavrilaki				
<b>16.00-17.30</b> <b>*Gentle &amp; Accessible</b> <b>Yoga</b> Pinelopi Gavrilaki	<b>16:00-17:15</b> <b>Prenatal Yoga</b> Anna Hagen	<b>16.00-17.30</b> <b>Vinyasa/Flow Yoga</b> Pinelopi Gavrilaki	<b>16.00-17.30</b> <b>*Gentle &amp; Accessible</b> <b>Yoga</b> Pinelopi Gavrilaki		<b>16:30-17:45</b> <b>Prenatal Yoga</b> Anna Hagen
<b>18:00-19:20</b> <b>Kundalini Yoga</b> <b>All levels</b> Katerina Karasmani	<b>17:30-18:45</b> <b>Hatha Yoga</b> <b>All Levels</b> Kalliopi Palli	<b>18:00-19:30</b> <b>Kundalini Yoga</b> <b>All levels</b> Katerina Karasmani	<b>17:30-18:45</b> <b>Hatha Yoga</b> <b>Beginners</b> Anna Petropoulou	<b>17:30-19:00</b> <b>Iyengar Yoga</b> <b>All Levels</b> Anna Hagen	
<b>19:30-20:50</b> <b>Dynamic Hatha Yoga</b> Pinelopi Gavrilaki	<b>19:00-20:30</b> <b>Hatha Yoga</b> <b>Beginners</b> Georgia Georgoni	<b>19:45-21:15</b> <b>Hatha Yoga</b> <b>All Levels</b> Anna Petropoulou	<b>19:00-20:30</b> <b>Hatha Yoga</b> <b>All Levels</b> Anna Petropoulou	<b>19:10-20:40</b> <b>Hatha Yoga</b> <b>Beginners</b> Georgia Georgoni	<b>COMMUNITY</b> <b>CLASSES</b> <b>SUNDAY*</b> <b>18:00-19:30</b> <b>Hatha Yoga</b> <b>All levels</b> Rotating teachers
<b>21:00-22:30</b> <b>Hatha Yoga</b> <b>All Levels</b> Pinelopi Gavrilaki	<b>20:45-22:15</b> <b>Dynamic Hatha Yoga</b> Georgia Georgoni		<b>20:45-22:15</b> <b>Flow &amp; Restore Yoga</b> <b>All Levels</b> Pinelopi Gavrilaki	<b>20:45-22:00</b> <b>Meditation</b> Katerina Karasmani	

\* ***Registration is required*** at the Secretariat (tel.: 2130383611, email: [center@athensyoga.gr](mailto:center@athensyoga.gr))