



SCHEDULE 2018-2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00-12:30 Hatha Yoga All Levels Pinelopi Thanasouli	09.00-10.15 Morning Hatha Yoga All Levels Pinelopi Gavrilaki	11:00-12:30 Hatha Yoga All Levels Georgia Georgoni	11:15-12:30 Mobility Strength and Relaxation Anna Petropoulou		11:00-12:30 Hatha Yoga All Levels Pinelopi Thanasouli
16.00-17.30 *Gentle & Accessible Yoga Pinelopi Gavrilaki	16:00-17:15 Prenatal Yoga Anna Hagen	16.00-17.30 Vinyasa/Flow Yoga Pinelopi Gavrilaki	16.00-17.30 *Gentle & Accessible Yoga Pinelopi Gavrilaki		16:30-17:45 Prenatal Yoga Anna Hagen
18:00-19:20 Kundalini Yoga All levels Katerina Karasmani	17:30-18:45 Hatha Yoga All Levels Kalliopi Palli	18:00-19:30 Kundalini Yoga All levels Katerina Karasmani	17:30-18:45 Hatha Yoga Beginners Anna Petropoulou	17:30-19:00 Iyengar Yoga All Levels Anna Hagen	
19:30-20:50 Dynamic Hatha Yoga Pinelopi Gavrilaki	19:00-20:30 Hatha Yoga Beginners Anna Petropoulou	19:45-21:15 Hatha Yoga All Levels Anna Petropoulou	19:00-20:30 Hatha Yoga All Levels Anna Petropoulou	19:10-20:40 Hatha Yoga Beginners Pinelopi Thanasouli	COMMUNITY CLASSES SUNDAY* 18:00-19:30 Hatha Yoga All levels Rotating teachers
21:00-22:30 Hatha Yoga All Levels Pinelopi Gavrilaki	20:45-22:15 Dynamic Hatha Yoga Anna Petropoulou		20:45-22:15 Flow & Restore Yoga All Levels Pinelopi Gavrilaki	20:45-22:00 Meditation Katerina Karasmani	