

Class Schedule

15th September 2019 – 15th July 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00-12:30 Yoga all levels Pinelopi Thanassouli	9:00-10:30 Yoga all levels Pinelopi Gavrilaki από 1.10	11:00-12:30 Yoga all levels Pinelopi Thanassouli			11:00-12:30 Yoga all levels Pinelopi Thanassouli
16:00-17:30 Accessible yoga Pinelopi Gavrilaki	16:00-17:15 Prenatal Yoga Anna Hagen		16:00-17:30 Accessible yoga Pinelopi Gavrilaki		
18:00-19:30 Kundalini yoga all levels Katerina Karasmani	17:30-19:00 Yoga level 1 Kalliopi Palli	18:00-19:30 Kundalini yoga all levels Katerina Karasmani	18:00-19:30 Yoga all levels Anna Petropoulou	19:10-20:25 Yoga all levels Pinelopi Thanassouli	16:45-18:00 Prenatal Yoga Anna Hagen
19:45-21:15 Yoga all levels Pinelopi Gavrilaki	19:15 -20:45 Yoga all levels Elena Papalambrou	19:45 – 21:15 Yoga all levels Anna Petropoulou	20:00-21:30 Yoga level 1 Anna Petropoulou	20:30-21:45 Meditation Katerina Karasmani	18:15-19:45 Iyengar yoga all levels Anna Hagen