

Monday

- 8:00-9:15 Vinyasa Krama Level 1-2 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZ0pd-GtpzljH9TltPj76QbC-NMh6cXDd7z>

- 09:30-11:00 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZUlceyrj4oGdDfu93QbmnoCJ0h5WBmD4R1>

- 11:30-13:00 Vinyasa Krama All Levels (Panos live studio Exarchia)

https://us02web.zoom.us/meeting/register/tZclfuqtpzwiG92XPP3yJ7_pZJX-FMVdSOmD

- 15:30- 16:45 Vinyasa Krama Level 1 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZYkc-igqz4iHdTVg4jDEBbrsGBALkgWmMAA>

- 17:00-18:15 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZUkce-vqj8iGdFIXb3rnc6GAKclzW26rlf6>

- 18:30-20:00 Vinyasa Krama All Levels (Panos live studio Exarchia)

https://us02web.zoom.us/meeting/register/tZ0oceGtrTooG9eSr3oQR_oGetJQQi55boDP

- 18:30-20:00 Vinyasa Krama Level 1 (Maria D. live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/tZ0lcuiqqDwuHNdyJAZfXYkzIRCAj1W917la>

- 20:30-22:00 Vinyasa Krama Level 1-2 (Maria live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/tZYod-CspjwiG9JJW4PRDPYWTcPiz5r8qQGX>

Tuesday

- 8:00-9:15 Vinyasa Krama Level 1-2 (Maria D. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZ0rduihqT4tHdd9dDulaA8R XRtYIBnUI7oS>

- 9:30-11:00 Vinyasa Krama Level 1 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZcocuyqrzMjHtwC39yHPb1m6AVQSPwGHZok>

- 11:30-13:00 Vinyasa Krama Level 1-2 (Maria live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZMlduCgrD0vEtJXr1CNYUGThJMTThyt3Zu0>

- 13:30-15:00 Vinyasa Krama Level 2-3 (Emiliana live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZctdO2rpjsrHtyEuHZB2RAEvIzaunYPPPts>

- 17:00-18:15 Vinyasa Krama Level 1 (Katerina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZUrdeytpzwqHdzZwXGCCj4cTShY5QfUCoh6>

- 18:30 -20:00 Vinyasa Krama All Levels (Anastasia D. live studio N. Ionia)

https://us02web.zoom.us/meeting/register/tZIkdeGtpjkqHNblj9KuZqg5msF_yqneFeMV

- 20:30-22:00 Vinyasa Krama Level 1-2 (Elli-Anna live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZwkdOGqqTkqHNLNrLecjC9vadWCR1aViCzB>

Wednesday

- 8:00-9:15 Vinyasa Krama Level 1-2 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZ0pd-GtpzljH9TltPj76QbC-NMh6cXDd7z>

- 09:30-11:00 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZUIceyrrj4oGdDfu93QbmmoCJ0h5WBmD4R1>

- 11:30-13:00 Vinyasa Krama All Levels (Panos live studio Exarchia)

https://us02web.zoom.us/meeting/register/tZclfuqtpzwiG92XPP3yJ7_pZJX-FMVdSOmD

- 15:30- 16:45 Vinyasa Krama Level 1 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZYkc-igqz4iHdTVg4jDEBbrsGBALkgWmMAA>

- 17:00-18:15 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZUkce-vqj8iGdFIXb3rnc6GAKclzW26rlf6>

- 18:30-20:00 Vinyasa Krama Level 1-2 (Katerina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZlucOChqzsjG9KJfLjoi02WDhTRAA-iksI9>

- 20:30-22:00 Vinyasa Krama Level 1-2 (Maria live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/tZYod-CspjwiG9JJW4PRDPYWTcPiz5r8qQGx>

Thursday

- 8:00-9:15 Vinyasa Krama Level 1-2 (Maria D. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZ0rduihqT4tHdd9dDulaA8RXRtYIBnUI7oS>

- 9:30-11:00 Vinyasa Krama Level 1 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZcocuyqrzMjHtwC39yHPb1m6AVQSPwGHZok>

- 11:30-13:00 Vinyasa Krama Level 1-2 (Maria live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZMlduCgrD0vEtJXr1CNYUGThJMTThyt3Zu0>

- 13:30-15:00 Vinyasa Krama Level 2-3 (Emiliana live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZctdO2rpjsrHtyEuHZB2RAEvIzaunYPPPs>

- 17:00-18:15 Vinyasa Krama Level 1 (Katerina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZUrdeytpzwqHdzZwXGCCj4cTShY5QfUCoh6>

- 18:30-20:00 Vinyasa Krama All Levels (Anastasia D. live studio N. Ionia)

https://us02web.zoom.us/meeting/register/tZIkdeGtpjkqHNblj9KuZqg5msF_yqneFeMV

- 20:30-22:00 Vinyasa Krama Level 1-2 (Elli-Anna live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZwkdgOGqqTkqHNLNrLecjC9vadWCR1aViCzB>

Friday

- 8:00-9:15 Vinyasa Krama Level 1-2 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZ0pd-GtpzljH9TltPj76QbC-NMh6cXDd7z>

- 09:30-11:00 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZUIceyrrj4oGdDfu93QbmnoCJ0h5WBmD4R1>

- 11:30-13:00 Vinyasa Krama Level 2 (Emiliana live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZlIdO-vqzksHdYq2UAOUZlhmJ84uizGccWa>

- 16:30- 17:45 Vinyasa Krama Level 1-2 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZcuc-iprzspH90vJcLG7ug1wfxUwzX6mTdl>

- 18:00- 19:15 Vinyasa Krama Level 1 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZ0vcOqurjwrGNeoduUbuHzQ61luDEvAjUtb>

- 18:00-19:15 Prenatal Yoga (Maria live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/tZlIdu6srz0iGNz2nS9pNzQAJCswjNHbp11V>

- 19:30-21:00 Vinyasa Krama All Levels (Maria live studio N. Ionia)

https://us02web.zoom.us/meeting/register/tZludumspjotGN1vp_1fhMo3VPgeobCNwpZe

Saturday

- 10:30-12:00 Vinyasa Krama Level 1 (Marina live studio Exarchia)

https://us02web.zoom.us/meeting/register/tZYrcO2vqDovHdy4yWa-TyRzBMXOm6M_EbgY

- 12:00-13:30 Vinyasa Krama Level 1-2 (Maria S. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZMrfuirqD0uH9XNC3VCePlijzUsnVqvOPPN>

Sadhana with Panos

Saturday 13/04, 15.30-18.30: [https://us02web.zoom.us/meeting/register/tZYod-](https://us02web.zoom.us/meeting/register/tZYod-irrT4uEtcw1qhxLEFhTEOfvoVva1u9)

[irrT4uEtcw1qhxLEFhTEOfvoVva1u9](https://us02web.zoom.us/meeting/register/tZYod-irrT4uEtcw1qhxLEFhTEOfvoVva1u9)

Sunday 14/4, 11.00-14.00:

<https://us02web.zoom.us/j/86342653791?pwd=QjdxUzVTcGZqZmV3UDhYOEpUd05iQT09>