

Δευτέρα 21/11

- 08:00- 09:15 Vinyasa Krama Level 1-2 (Marina live studio Exarchia)

https://us02web.zoom.us/meeting/register/tZ0kdOitrDwpGtIDaKY8B_CT4uc5t0Eww5_L

- 9:30- 11:00 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

https://us02web.zoom.us/meeting/register/tZEsdeCgpjkrGdLx2K0ON_R-erCAbyrOzTJa

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

<https://us02web.zoom.us/meeting/register/tZYrde-orDlqGtbm19uqoAzB0GGnWlffFCJH>

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

<https://us02web.zoom.us/meeting/register/tZEvde-vqD8oEtCHHgrLAGqyRrRzSQFyRlra>

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

https://us02web.zoom.us/meeting/register/tZYtceCtrjqEtQU5VaDN_LtNeueiB67H7U2

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

<https://us02web.zoom.us/meeting/register/tZwpdeugrDsrHNcm-l8x-aWb9cmW5iWELBKn>

- 18:30-20:00 Yin Yoga All (Katerina live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/tZYtduCoqDgjHtzu4ZCTrMbczokKlwUDW0PM>

- 20:30- 22:00 Vinyasa Krama Level 1 (Alkistis live studio Patras)

https://us02web.zoom.us/meeting/register/tZAvcuutrjouGtw9rKGm-PO38Emls8ofn26_

Τρίτη 22/11

- 08:30-9:45 Vinyasa Krama All Levels (Nadia live studio Patras)

https://us02web.zoom.us/meeting/register/tZMkc-2qqj8oHNGkrOSiXLgXmxiyVc_EsQK1

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

<https://us02web.zoom.us/meeting/register/tZ0sdOGprj4qGtRggcdymgg5gKMp2qaNZoKI>

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

<https://us02web.zoom.us/meeting/register/tZcocu2upzluGtxtoxDJuBHmn7yamSbTPBNR>

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

https://us02web.zoom.us/meeting/register/tZEkc-yvqzlvGNBm5QvcC58f_pC91Wi2jxCb

- 17:00-18:15 Vinyasa Krama All Levels (Nadia live studio Patras)

<https://us02web.zoom.us/meeting/register/tZEvf-Gspz8oG9KStXPOrRBcmvWj5wjb7rbr>

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

<https://us02web.zoom.us/meeting/register/tZMrceugqTIsEtwx2QsMilRcbbhBHaJesxE>

- 20:30-22:00 Vinyasa Krama Level 1-2 (Anastasia K. live studio Exarchia)

https://us02web.zoom.us/meeting/register/tZEqdO-hrjovH9JH715EPXkmg7_Tg-D0DUjg

Τετάρτη 23/11

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

<https://us02web.zoom.us/meeting/register/tZUod-uhpj0uE9BFUlxmJjRyywXLMlzxJiYs>

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

https://us02web.zoom.us/meeting/register/tZMsdOqrrDstGdFI4LKEPmcl1Pg_u6mRAtPw

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

<https://us02web.zoom.us/meeting/register/tZEqce-uqDstHdxJ-r1IDevJELFXCUR2SRB1>

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

<https://us02web.zoom.us/meeting/register/tZAtdeuhpzwtHdKxgdb2VCMcCWkQVvhMxBX2>

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

<https://us02web.zoom.us/meeting/register/tZckd--tpj8tE9dGdXPc1fBu-NgcW52DWW3Z>

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

https://us02web.zoom.us/meeting/register/tZErde-pqz4oGtSJQCEyo0HwAigtxBIG_ulc

- 20:30-22:00 Vinyasa Krama Level 1 (Alkistis live studio Patras)

<https://us02web.zoom.us/meeting/register/tZcof-iqppoiE9JRqURasgpr3OclYLAkk6y1>

Πέμπτη 24/11

- 8:30 - 9:15 Vinyasa Krama All Levels (Nadia live studio Patras)

<https://us02web.zoom.us/meeting/register/tZUvduCsrTsiHdG7mGhjAPxwVK99m-W5rHk->

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

<https://us02web.zoom.us/meeting/register/tZAldOurrzgiGt2PC2lJd3iF5gXlhj6oa9z4>

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

<https://us02web.zoom.us/meeting/register/tZ0tcuytpzwwjE9GbzZrHsLEjJc8nHZQPQ54W>

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

<https://us02web.zoom.us/meeting/register/tZErdeyrrzwrGd0nc4bQyVkJFoorx3YhmcwWd>

- 17:00-18:15 Vinyasa Krama All Levels (Nadia live studio Patras)

<https://us02web.zoom.us/meeting/register/tZEsdOisrz4pHtHvrVSHpxUz-FGEtc5Aal7q>

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

https://us02web.zoom.us/meeting/register/tZEqf-usrzMth9A8jAdxwbNW_BfK81JI0nVY

- 20:30-22:00 Vinyasa Krama Level 1-2 (Anastasia K. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZYld-GorzMoHNa1c2xT4vVppJays3MldPS>

Παρασκευή 25/11

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

https://us02web.zoom.us/meeting/register/tZ0rceiorT4rE92qa4u_1mSllagndF66ijS8

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

https://us02web.zoom.us/meeting/register/tZIkfuyhrD4pHN1L3LOY8h7e_2VO1CNLsx1T

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

<https://us02web.zoom.us/meeting/register/tZEpcuipqDirG9NCPJGVBo3Ks388OWCOsIlr>

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

<https://us02web.zoom.us/meeting/register/tZAuduGspjoiGtH6n29xZCBlvJOFh8eMVeqr>

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

<https://us02web.zoom.us/meeting/register/tZYqcOCppzkjGt3uflDns66piTgLaAb3XW1Q>

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

<https://us02web.zoom.us/meeting/register/tZwucOuorTwjHd0SFJWeYjNPQe8n-SahoFAI>

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

<https://us02web.zoom.us/meeting/register/tZUpcO-hqTksGtOoTOWShaSuRoel8eeqsRit>

Σάββατο 26/11

- 10:30 - 11:45 Vinyasa Krama Level 1 (Marina live studio Exarchia)

https://us02web.zoom.us/meeting/register/tZAudeqgrzoiGNBGf3q3BqHIUERg9z4Ly0_0

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

<https://us02web.zoom.us/meeting/register/tZlucu-ppj4tGN2aXnNR7-cPiGJRiq1WoNw4>

Κυριακή 27/11

- Sunday Class, Heart Opening Vinyasa Class with Alkistis (live studio Patras)

<https://us02web.zoom.us/j/82078157375?pwd=R0dOZjlEc2JnQWkrCHB3eWN0NnMzUT09>