

Δευτέρα 13/03

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

https://us02web.zoom.us/meeting/register/tZUkceCtrT4vGdw3UfnmGymMg4QPXTUQJ_Ug

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

<https://us02web.zoom.us/meeting/register/tZApc-msqjlvEtwfdpBlygoSU89MPxZYY1pN>

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

https://us02web.zoom.us/meeting/register/tZAvcOGtrstGNx1G_Hvv03-RzFb214jaRzg

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

<https://us02web.zoom.us/meeting/register/tZYsdeuvqz0qGdx7pVxIOktzvPnXXrKNg8TS>

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

https://us02web.zoom.us/meeting/register/tZUkdu6rqz4sGtTiLBohFKj_D9iqm0pUYeoV

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

<https://us02web.zoom.us/meeting/register/tZlofuCuqjgrGdzVrvfstTYgb36kIFBBEWz>

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

https://us02web.zoom.us/meeting/register/tZ0vd-mhrj8oEtSdjuwA1xS1zbx_QVUDQvRp

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

<https://us02web.zoom.us/meeting/register/tZ0uduGhpjwqG9LMYdfqO6L6SU6FbHdu8Ghd>

Τρίτη 14/03

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

<https://us02web.zoom.us/meeting/register/tZAvcuCoqDkqGtSBTKxVQg2cHjQa5hiPZbLi>

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

https://us02web.zoom.us/meeting/register/tZ0tcumvrzovGtMnDrhV9HwChHG_iXhQ3Wx5

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

https://us02web.zoom.us/meeting/register/tZEtduyqqDooHdC6Kvm97XqYhn8M5_7Z6Hu9

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

<https://us02web.zoom.us/meeting/register/tZArf-moqDlJG93C84lygONPpbYu6eyEkiKC>

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

<https://us02web.zoom.us/meeting/register/tZUtcumvrTwuHdwZXYXHaGXNI5rMeG64aXVt>

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

<https://us02web.zoom.us/meeting/register/tZcuceChrDosEtUmySIXPZecDomXFXJsvp9Y>

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

<https://us02web.zoom.us/meeting/register/tZErduGuqjwrHdSTSaGnq2T3gf559MMxtCD7>

Τετάρτη 15/03

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

<https://us02web.zoom.us/meeting/register/tZ0oc--grTsoHtYEts11ERPXWNps7KIZIsT6>

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

<https://us02web.zoom.us/meeting/register/tZEduGoqz4tG9GgWavGz906HTenPTivC787>

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

<https://us02web.zoom.us/meeting/register/tZwtde6qpjotHN2UfCoXNHJnnjvySQWoSA5y>

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

<https://us02web.zoom.us/meeting/register/tZMudeqorz0rEtwDJQcZ2ZX8r6Mf3q5k2CF6>

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

https://us02web.zoom.us/meeting/register/tZctdOmgpzItHdAPmAINvul4pxGLG_Sa-T-1

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

<https://us02web.zoom.us/meeting/register/tZEpcuCgrTkqGdacvx2bHTWwLQtIU-Ymorsk>

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

<https://us02web.zoom.us/meeting/register/tZMvcuisqzliG9CF-vsiIWc1ID2jCsEyH5mg>

- 20:30-21:30 Yoga Nidra A Deep Relaxation Experience (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZYlduiurjMjE9cg1kyS55dDV67Kmt1ov-TZ>

Πέμπτη 16/03

- 8:30 - 9:45 Vinyasa Krama All Levels (Nadia live studio Patras)

https://us02web.zoom.us/meeting/register/tZ0rfu2gpjgiGdFT3U2grf2PH3xMop9_A6Pi

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

https://us02web.zoom.us/meeting/register/tZUkceCvpzouGdb-9_xN8bSJoixovFQ9C_9t

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

<https://us02web.zoom.us/meeting/register/tZErdO-grjkrGtW8tU7Hb2hs0WTeSver2PCD>

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

<https://us02web.zoom.us/meeting/register/tZYtf-qhqjosHt3KMqTBXPsmcawRe-3Zpzu9>

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

<https://us02web.zoom.us/meeting/register/tZ0vf--pqTsjHNw6RikD2-hzGCr5lbsQ3BiU>

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

<https://us02web.zoom.us/meeting/register/tZcqcuCsrDoiH93eGkfSPk0MUviHYFrRLS84>

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

<https://us02web.zoom.us/meeting/register/tZYldu6vpz8tE9x3hmosG8rEgj92er2HH5Ja>

Παρασκευή 17/03

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

https://us02web.zoom.us/meeting/register/tZEsdO-prj8vE92Le-o_g6YjpYKFMwsR62Fw

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

<https://us02web.zoom.us/meeting/register/tZEIde2hpszMjHtOjR8bNN7AtgIF30re7WfnZ>

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

<https://us02web.zoom.us/meeting/register/tZUqc-mtpjkuGdyGQ-Ms3AWQnj7KwwwYweCx>

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

<https://us02web.zoom.us/meeting/register/tZ0tfu2upjMrHdBxEZ0qwkontQWtVgpJkom->

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

https://us02web.zoom.us/meeting/register/tZEqcuGhqDwiEtKNHvRBAYrg2Zr5k2f1X_1w

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

https://us02web.zoom.us/meeting/register/tZctcO-srjsiG9EVPmVU_giQ0wA6ZMlxf0R3

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

<https://us02web.zoom.us/meeting/register/tZlqcemvqzljE9apyWhruEz8Nba0qXxHud4e>

Σάββατο 18/03

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

<https://us02web.zoom.us/meeting/register/tZMtdeyuqTopEtL-9ABezHEbECRhs-Cu27Ks>

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

<https://us02web.zoom.us/meeting/register/tZYudemqqDgsG9Xy56QvBOGJ1A3AWhQg9yTW>