



EXARCHIA

CLASS SCHEDULE

MONDAY

8:00 - 9:15

Vinyasa Krama Yoga
Level 1-2
Theonimfi

9:30 - 11:00

Vinyasa Krama Yoga
Level 1-2
Anastasia T.

11:30 - 13:00

Vinyasa Krama Yoga
all Levels
Panos

13:30 - 15:15

Handstands
all Levels
Elli-Anna

15:30-16:45

Vinyasa Krama Yoga
Level 1 Anastasia D.

17:00 - 18:15 17:00 - 18:00

Vinyasa Krama Yoga **Restorative**
Level 1-2 Yoga
Anastasia T. Theonimfi

18:30 - 20:00

Vinyasa Krama Yoga
all Levels
Panos

20:30 - 21:45

Vinyasa Krama Yoga
Level 1
Anastasia D.

TUESDAY

8:00 - 9:15

Vinyasa Krama Yoga
Level 1-2
Amalia

11:30 - 13:00

Vinyasa Krama Yoga
Level 1-2
Maria A.

13:30 - 15:00 13:30 - 14:45
Vinyasa Krama Yoga **Prenatal Yoga** **
Level 2-3 ** on appointment
Elli-Anna Maria A.

15:30 - 16:30

Aerial Flow
all Levels Viki

17:00 - 18:15

Vinyasa Krama Yoga
Level 1
Amalia

18:30 - 20:00

Vinyasa Krama Yoga
Level 2
Anastasia T.

20:00 - 21:00

Restorative
Yoga
Eleni

20:30 - 21:45

Vinyasa Krama Yoga
Level 1-2
Amalia

WEDNESDAY

8:00 - 9:15

Vinyasa Krama Yoga
Level 1-2
Theonimfi

9:30 - 11:00

Vinyasa Krama Yoga
Level 1-2
Anastasia T.

11:30 - 13:00

Vinyasa Krama Yoga
all Levels
Panos

13:30 - 15:15

Handstands
all Levels
Panos

15:30-16:45

Vinyasa Krama Yoga
Level 1 Anastasia D.

17:00 - 18:15 17:00 - 18:00

Vinyasa Krama Yoga **Restorative**
Level 1-2 Yoga
Anastasia T. Theonimfi

18:30 - 20:00

Vinyasa Krama Yoga
Level 1-2
Amalia

20:30 - 21:45

Vinyasa Krama Yoga
Level 1
Anastasia D.

THURSDAY

8:00 - 9:15

Vinyasa Krama Yoga
Level 1-2
Amalia

11:30 - 13:00

Vinyasa Krama Yoga
Level 1-2
Maria A.

13:30 - 15:00

Vinyasa Krama Yoga
Level 2-3
Elli-Anna

15:30-16:30

Aerial Flow
all Levels Viki

17:00 - 18:15

Vinyasa Krama Yoga
Level 1
Amalia

18:30 - 20:00

Vinyasa Krama Yoga
Level 2
Anastasia T.

20:00 - 21:00

Restorative
Yoga
Eleni

20:30 - 21:45

Vinyasa Krama Yoga
Level 1-2
Amalia

FRIDAY

8:00 - 9:15

Vinyasa Krama Yoga
Level 1-2
Theonimfi

9:30 - 11:00

Vinyasa Krama Yoga
Level 1-2
Anastasia T.

11:30 - 13:00 12:00 - 13:00

Vinyasa Krama Yoga **Restorative**
Level 2 Yoga
Elli-Anna Amalia

16:30 - 17:45

Vinyasa Krama Yoga
Level 1-2
Anastasia D.

17:00 - 18:00

Vinyasa Krama Yoga
Level 0
Theonimfi

18:00 - 19:15

Vinyasa Krama Yoga **Restorative**
Level 2 Yoga
Anastasia T. Theonimfi

19:30 - 21:15

Handstands
all Levels
Anastasia T.

SATURDAY

10:00 - 11:00

Restorative
Yoga
Theonimfi

10:30-11:45

Vinyasa Krama Yoga
Level 1
Eleni

12:00 - 13:30

Vinyasa Krama Yoga
Level 1-2 Anastasia T.

14:00-15:00

Aerial Flow
all Levels
Viki

14:00-15:30

Vinyasa Krama Yoga
Level 1-2
Anna-Maria