

Δευτέρα

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

<https://us02web.zoom.us/meeting/register/tZosd-GsrTstHd3ZVbYBPyKmollYrxW5HX69>

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

<https://us02web.zoom.us/meeting/register/tZEtfu-sqjkoGdTFKHARUaUEMdM19btcS6Pf>

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

<https://us02web.zoom.us/meeting/register/tZEkd-ivqTgiGtYfRYon6OpJ6g-F-NKFnsP9>

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

<https://us02web.zoom.us/meeting/register/tZwrdoirrzljG9KqzgtwpDUmBy1L5TFZ-PTN>

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

<https://us02web.zoom.us/meeting/register/tZEqcu6hqjkuEt3D9Lpsr76cBiZz742OyXTC>

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

https://us02web.zoom.us/meeting/register/tZYqfu-uqTIjE9KZVgiAClnhuT_DWagj4pC

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

<https://us02web.zoom.us/meeting/register/tZUld-mspjwiGNwOmmAI2RjTsaHhvxb-rNMo>

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

<https://us02web.zoom.us/meeting/register/tZcuceuspzwuHdTGTYBNf6mz063g-lftotI5>

Τρίτη

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

<https://us02web.zoom.us/meeting/register/tZAtf-ypqDMpGtfm2VnRN4GMPQafNW3uaFIy>

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

https://us02web.zoom.us/meeting/register/tZIp dumurj8qGdBhEH2nI6FMVymoLQdU_-KT

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

https://us02web.zoom.us/meeting/register/tZEpc-Ggrz0jG9VLImpf5mZczYWRyt_COoDb

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

https://us02web.zoom.us/meeting/register/tZwkf-2uqD4uHdAxEWrzstiiX-RuArWki_xV

- 16:30-17:30 Prenatal Yoga (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZcldOitpj4rE9VfQcZAgpMUG6szp3V6QilO>

- 17:00-18:15 Vinyasa Krama Level 1 (Nadia live studio Patras)

<https://us02web.zoom.us/meeting/register/tZEtcO6vpjwqGdwj1bY7XhQi73YV5s5g1PKE>

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

https://us02web.zoom.us/meeting/register/tZApfuCtrz4vG9WmiXVn48XVXLkEorJ_Kmmg

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

<https://us02web.zoom.us/meeting/register/tZcrc-GorjIpGNyx6cSxRglhifYSRI6cjBhF>

Τετάρτη

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

<https://us02web.zoom.us/meeting/register/tZosd-GsrTstHd3ZVbYBPyKmollYrxW5HX69>

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

<https://us02web.zoom.us/meeting/register/tZEtfu-sqjkoGdTFKHARUaUEmdM19btcS6Pf>

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

<https://us02web.zoom.us/meeting/register/tZEkd-ivqTgiGtYfRYon6QpJ6g-F-NKFnsP9>

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

<https://us02web.zoom.us/meeting/register/tZwrdOirrZljG9KqzgtwpDUmBy1L5TFZ-PTN>

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

<https://us02web.zoom.us/meeting/register/tZEquc6hqjkuEt3D9Lpsr76cBiZz742OyXTC>

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

<https://us02web.zoom.us/meeting/register/tZAfuzurD8qG9oYYMnyWV9odsO3pG7jOdsx>

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

<https://us02web.zoom.us/meeting/register/tZcuceuspzwuHdTGtBYNf6mzo63g-lft9tI5>

Πέμπτη

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

<https://us02web.zoom.us/meeting/register/tZAf-ypqDMpGtfm2VnRN4GMPQafNW3uaFIy>

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

https://us02web.zoom.us/meeting/register/tZIpdumurj8qGdBhEH2nI6FMVymoLQdU_-KT

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

https://us02web.zoom.us/meeting/register/tZEpc-GgrzpjG9VLiMPf5mZczYWRYt_COoDb

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

https://us02web.zoom.us/meeting/register/tZwkf-2uqD4uHdAxEWrzstiiX-RuArWki_xV

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

<https://us02web.zoom.us/meeting/register/tZEtcO6vpjwqGdwj1bY7XhQi73YV5s5g1PKe>

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

https://us02web.zoom.us/meeting/register/tZApfuCtrz4vG9WmiXVn48XVXLkEorJ_Kmmg

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

<https://us02web.zoom.us/meeting/register/tZcrc-GorjIpGNyx6cSxRglhifYSRI6cjBhF>

Παρασκευή

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

<https://us02web.zoom.us/meeting/register/tZosd-GsrTstHd3ZVbYBPyKmollYrxW5HX69>

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

<https://us02web.zoom.us/meeting/register/tZEtfu-sqjkoGdTFKHARUaUEMdM19btcS6Pf>

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

<https://us02web.zoom.us/meeting/register/tZEIfu6sqTMiGd2WEVWwLOUgfmq-h7fJopzb>

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

<https://us02web.zoom.us/meeting/register/tZMucemvqDwpE9oI9IsJvxoPsUKKAcln5scP>

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

<https://us02web.zoom.us/meeting/register/tZMocuGpqTstE9U-Y55-iPlzMDvP1GsiUg3c>

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

https://us02web.zoom.us/meeting/register/tZwkcuirqz8jH9GYmLDESPDJWRBAo6Qb_dBv

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

https://us02web.zoom.us/meeting/register/tZUtceygpj4qH9GDb65cftmoA8_7XvQty1ya

Σάββατο

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

https://us02web.zoom.us/meeting/register/tZUvdemrrzIqGtT_-bX1SnZzpAqT7NHLUpX7

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

<https://us02web.zoom.us/meeting/register/tZEpeyhpjoiE9M-ncWW-E7jXQlvmPsKDqs9>

Κυριακή 17/09

- The Wheel Project Chapter 1: The Grounding. Κυριακάτικη πρακτική με την Αιμιλιάννα

<https://us02web.zoom.us/meeting/register/tZAqdOCprz0rGNwR6hMTZGZwUIU9vkiREWpb>

