



# 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      17:00 - 18:00

Vinyasa Krama Yoga      Vinyasa Krama Yoga  
Level 1-2      Level 0  
Anastasia D.      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      10:30-11:45  
**Restorative**      Vinyasa Krama Yoga  
Yoga      Level 1  
Theonimfi      Eleni

12:00 - 13:30  
Vinyasa Krama Yoga  
Level 1-2 Anastasia T.

14:00-15:30  
Vinyasa Krama Yoga  
Level 1-2  
Anna-Maria