

## Monday

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

<https://us02web.zoom.us/meeting/register/tZMvf-urpj8tEt0V9L1wf3auqFvm2RWeiQbE>

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

[https://us02web.zoom.us/meeting/register/tZlvc-ugqDsqH9TQbk2UcgZtto\\_V\\_nH7Jg8W](https://us02web.zoom.us/meeting/register/tZlvc-ugqDsqH9TQbk2UcgZtto_V_nH7Jg8W)

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

<https://us02web.zoom.us/meeting/register/tZlvd-6upjopGtYeiYTSqkA27iTgcUaQN9zu>

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

<https://us02web.zoom.us/meeting/register/tZMpc-ioqjMuGNBdi8NK4WZqfSP0EnGWJoLh>

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

<https://us02web.zoom.us/meeting/register/tZ0sceuspz0oH9X-KNL9NI5bWfcZzTHbln92>

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

<https://us02web.zoom.us/meeting/register/tZEIdeCqrjloE9cwmoCYZ2wpgr1xkx8jGn9Q>

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

[https://us02web.zoom.us/meeting/register/tZcofuqupjwpGdUjqSfpGit9KITunniT7Jh\\_](https://us02web.zoom.us/meeting/register/tZcofuqupjwpGdUjqSfpGit9KITunniT7Jh_)

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

[https://us02web.zoom.us/meeting/register/tZEqcOCorjluHNR8odfwM8X6WIEqa6Z\\_QDtz](https://us02web.zoom.us/meeting/register/tZEqcOCorjluHNR8odfwM8X6WIEqa6Z_QDtz)

## Tuesday

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

<https://us02web.zoom.us/meeting/register/tZwkcuurT4uGdERhpsweMqu0EUveruNwSBo>

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

[https://us02web.zoom.us/meeting/register/tZUuc-yorjlrE9forBjUQz\\_4aQnOLVGUiukD](https://us02web.zoom.us/meeting/register/tZUuc-yorjlrE9forBjUQz_4aQnOLVGUiukD)

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

<https://us02web.zoom.us/meeting/register/tZcode-opz8pHtClkuRrK5CcsSCMTycf0iru>

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

<https://us02web.zoom.us/meeting/register/tZYqdeuurTMtH9yXGEeyEy0mC6hzBJcUfRRH>

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

[https://us02web.zoom.us/meeting/register/tZEpcO-rrT8iHNKOh5NawhGa59\\_Gf3M0vVZG](https://us02web.zoom.us/meeting/register/tZEpcO-rrT8iHNKOh5NawhGa59_Gf3M0vVZG)

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

<https://us02web.zoom.us/meeting/register/tZMuf-6upjgpHdViEK4l989lNpzOmwAbv8Ti>

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

<https://us02web.zoom.us/meeting/register/tZwsfuusqz8tGd2uNhOXc3VLRA-1qJDDoEhG>

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

<https://us02web.zoom.us/meeting/register/tZcldOihrzMjHtGVXx4JMVcf3JXc6WR-qQK>

## **Wednesday**

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

<https://us02web.zoom.us/meeting/register/tZMvf-urpj8tEt0V9L1wf3auqFvm2RWeiQbE>

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

[https://us02web.zoom.us/meeting/register/tZlvc-ugqDsQH9TQbk2UcgZtto\\_V\\_nH7Jg8W](https://us02web.zoom.us/meeting/register/tZlvc-ugqDsQH9TQbk2UcgZtto_V_nH7Jg8W)

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

<https://us02web.zoom.us/meeting/register/tZlvd-6upjopGtYeiYTSqkA27iTgcUaQN9zu>

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

<https://us02web.zoom.us/meeting/register/tZMpc-ioqjMuGNBdi8NK4WZqfSP0EnGWJoLh>

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

<https://us02web.zoom.us/meeting/register/tZ0sceuspz0oH9X-KNL9NI5bWfcZzTHbIn92>

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

[https://us02web.zoom.us/meeting/register/tZUsdOuoqDijGtPfamwW9SqDqci2yLH\\_ZmGw](https://us02web.zoom.us/meeting/register/tZUsdOuoqDijGtPfamwW9SqDqci2yLH_ZmGw)

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

[https://us02web.zoom.us/meeting/register/tZEqcOCorjluHNR8odfwM8X6WIEqa6Z\\_QDtz](https://us02web.zoom.us/meeting/register/tZEqcOCorjluHNR8odfwM8X6WIEqa6Z_QDtz)

## **Thursday**

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

<https://us02web.zoom.us/meeting/register/tZwkcuuurT4uGdERhpsweMqu0EUveruNwSBo>

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

[https://us02web.zoom.us/meeting/register/tZUuc-yorjlrE9forBjUQz\\_4aQnOLVGUiukD](https://us02web.zoom.us/meeting/register/tZUuc-yorjlrE9forBjUQz_4aQnOLVGUiukD)

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

<https://us02web.zoom.us/meeting/register/tZcode-opz8pHtClkuRrK5CcsSCMTycf0iru>

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

<https://us02web.zoom.us/meeting/register/tZYqdeuurTMtH9yXGEeyEy0mC6hzBJcUfRRH>

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

<https://us02web.zoom.us/meeting/register/tZMuf-6upjgpHdViEK4I989INpzOmwAbv8Ti>

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

<https://us02web.zoom.us/meeting/register/tZwsfuusqz8tGd2uNhOXc3VLRA-1qJDDoEhG>

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

<https://us02web.zoom.us/meeting/register/tZcldOihrzMjHtGVXx4JMVctf3JXc6WR-qQK>

## **Friday**

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

<https://us02web.zoom.us/meeting/register/tZMvf-urpj8tEt0V9L1wf3auqFvm2RWeiQbE>

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

[https://us02web.zoom.us/meeting/register/tZlvc-ugqDsqH9TQbk2UcgZtto\\_V\\_nH7Jg8W](https://us02web.zoom.us/meeting/register/tZlvc-ugqDsqH9TQbk2UcgZtto_V_nH7Jg8W)

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

<https://us02web.zoom.us/meeting/register/tZAlcO2gqTMqHdXGgukzGUj3rJ5AMT0UHY2Q>

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

[https://us02web.zoom.us/meeting/register/tZArf-ygqzkrE9QuFgTp\\_21LvGro4p8l2-Xh](https://us02web.zoom.us/meeting/register/tZArf-ygqzkrE9QuFgTp_21LvGro4p8l2-Xh)

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

<https://us02web.zoom.us/meeting/register/tZMvfu2gqzIqHdK2tNqiB52NIR34oBukwp0w>

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

<https://us02web.zoom.us/meeting/register/tZckdeCvqzkvHdGp09SjQWOnhO3a0wjBOlh1>

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

[https://us02web.zoom.us/meeting/register/tZMtdeispjlsG92RzY\\_4SoJiRD3r6a41GrBP](https://us02web.zoom.us/meeting/register/tZMtdeispjlsG92RzY_4SoJiRD3r6a41GrBP)

## Friday 17/11 (evening classes)

- 18.00-19.15 Vinyasa Krama All Levels (Nadia live studio Patras)

<https://us02web.zoom.us/meeting/register/tZUuduGsqTkrGtP4DZyRlr8K7o9ZOboBjAZK>

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

[https://us02web.zoom.us/meeting/register/tZMtdeispjlsG92RzY\\_4SoJiRD3r6a41GrBP](https://us02web.zoom.us/meeting/register/tZMtdeispjlsG92RzY_4SoJiRD3r6a41GrBP)

## Saturday

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

<https://us02web.zoom.us/meeting/register/tZAsdOuprz8sH9wE9HnZvPxxHT7m3TtXmbzJ>

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

<https://us02web.zoom.us/meeting/register/tZAsdeurrT0jGN0GxZbJMhBFZAGhdRqPKZX9>

- **Sadhana with Panos SA 18/11/2023**

[https://us02web.zoom.us/meeting/register/tZcocuGprDwjG9Nswil9DYQk2qa3mUI8\\_1Ff](https://us02web.zoom.us/meeting/register/tZcocuGprDwjG9Nswil9DYQk2qa3mUI8_1Ff)

- **Sadhana with Panos SU 19/11/2023**

<https://us02web.zoom.us/meeting/register/tZEsc-iprD4pHtBQXn2ythABwL4ODgFMIFaZ>