

Monday

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

<https://us02web.zoom.us/meeting/register/s7bJ2VzWT265NRARIEfmQQ>

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

https://us02web.zoom.us/meeting/register/cE_eEbm3S9-uHVFo6v9waA

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

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

- 15:30- 16:45 Vinyasa Krama Yoga Level 1 (Anastasia D. live studio Exarchia)

https://us02web.zoom.us/meeting/register/oWfx1Cx2TVac_8d6dtgjxA

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

<https://us02web.zoom.us/meeting/register/d2ERgPnTTNi80DRSbujMmA>

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

<https://us02web.zoom.us/meeting/register/luYJfdGNSUiuz-ng9WyKOQ>

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

<https://us02web.zoom.us/meeting/register/xa6MKXMITM6bty32jqVO6w>

- 20:30-22:00 Vinyasa Krama Yoga Level 1-2 (Maria live studio N. Ionia)

https://us02web.zoom.us/meeting/register/tP_N2AzRR3yGL4vhnOP22Q

Tuesday

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

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

- 9:30-10:45 Vinyasa Krama Yoga Level 1 (Theonimfi live studio Exarchia)

<https://us02web.zoom.us/meeting/register/Yqn2HXEYTYSEPFKGf2leSA>

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

https://us02web.zoom.us/meeting/register/fSCKQw2RSpyfy_J7cnq-Rw

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

<https://us02web.zoom.us/meeting/register/pfFo41ymQiyvVpLg-vAB1A>

- 17:00-18:15 Vinyasa Krama Yoga Level 1 (Amalia live studio Exarchia)

https://us02web.zoom.us/meeting/register/eeFgeHUhRkSGd4_6hUV5dA

- 18:30 -20:00 Vinyasa Krama Yoga Level 1-2 (Anastasia D. live studio N. Ionia)

https://us02web.zoom.us/meeting/register/_VMmbBA0QN-G9q2JgO5B6A

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

https://us02web.zoom.us/meeting/register/DUiL_vJOTm-J0xufBSQ0Wg

Wednesday

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

<https://us02web.zoom.us/meeting/register/s7bJ2VzWT265NRARIEfmQQ>

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

https://us02web.zoom.us/meeting/register/cE_eEbm3S9-uHVFo6v9waA

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

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

- 15:30- 16:45 Vinyasa Krama Yoga Level 1 (Anastasia D. live studio Exarchia)

https://us02web.zoom.us/meeting/register/oWfx1Cx2TVac_8d6dtgjxA

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

<https://us02web.zoom.us/meeting/register/d2ERgPnTTNi80DRSbujMmA>

- 18:00-19.30 Vinyasa Krama Yoga All Levels (Katerina live from the Evergreen Project)

<https://us02web.zoom.us/meeting/register/hjO52MfgSCyW5eGQuFa6cg>

- 20:30-22:00 Vinyasa Krama Yoga Level 1-2 (Maria live studio N. Ionia)

https://us02web.zoom.us/meeting/register/tP_N2AzRR3yGL4vhnOP22Q

Thursday

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

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

- 9:30-10:45 Vinyasa Krama Yoga Level 1 (Theonimfi live studio Exarchia)

<https://us02web.zoom.us/meeting/register/Yqn2HXEYTYSFPGf2leSA>

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

https://us02web.zoom.us/meeting/register/fSCKQw2RSpyfy_J7cnq-Rw

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

<https://us02web.zoom.us/meeting/register/pfFo41ymQiyvVpLg-vAB1A>

- 17:00-18:15 Vinyasa Krama Yoga Level 1 (Amalia live studio Exarchia)

https://us02web.zoom.us/meeting/register/eeFgeHUhRkSGd4_6hUV5dA

- 18:30 -20:00 Vinyasa Krama Yoga Level 1-2 (Anastasia D. live studio Nea Ionia)

<https://us02web.zoom.us/meeting/register/ VMmbBA0QN-G9q2JgO5B6A>

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

https://us02web.zoom.us/meeting/register/DUiL_vJOTm-J0xufBSQ0Wg

Friday

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

<https://us02web.zoom.us/meeting/register/s7bJ2VzWT265NRARIEfmQQ>

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

https://us02web.zoom.us/meeting/register/cE_eEbm3S9-uHVFo6v9waA

- 11:30-13:00 Vinyasa Krama Yoga Level 2 (Elli-Anna live studio Exarchia)

<https://us02web.zoom.us/meeting/register/wehLk2yTTf6jYRdXUFn3XQ>

- 16:30- 17:45 Vinyasa Krama Yoga Level 1-2 (Anastasia D. live studio Exarchia)

<https://us02web.zoom.us/join/ajSlJuvRHi8od4FNn8t2Q>

- 17.00-18.15: Prenatal Yoga (Maria live studio N. Ionia)

https://us02web.zoom.us/join/A3txXe_UQkCe3rsl_Ig6Pg

- 18:00- 19:15 Vinyasa Krama Yoga Level 2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/join/TJNiSMxBRqOP7qn7bhNn-g>

- 18.30-20.00: Vinyasa Krama Yoga Level 1-2 (Maria live studio N. Ionia)

https://us02web.zoom.us/join/rY4qliAiQemgUYGa5QOM_w

Saturday

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

<https://us02web.zoom.us/join/wc7q87d2QF-UgYiQS0Wt7Q>

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

<https://us02web.zoom.us/join/RNqF5E9WRQ-lu-aX4ihUcg>

Special Events

- Sadhana with Panos in N. Ionia (13/12/2025) at 15.30:

<https://us02web.zoom.us/join/BBGWFMdUSMahN57M5iFBGw>

- Candlelight Vinyasa with Anastasia T. in Exarchia (14/12/2025) at 18.30:

<https://us02web.zoom.us/meeting/register/r0CMrgcQTMqiUbICMSNaxA>

- Sadhana with Panos in N. Ionia (31/1/2026) at 15.30:

<https://us02web.zoom.us/meeting/register/qHEZX97pSW2Qcy31ALZL6g>