



# NEA IONIA

# CLASS SCHEDULE

MONDAY

11:00 - 12:30  
**Vinyasa Krama Yoga**  
Level 1-2  
Anastasia

18:30 - 19:45  
**Vinyasa Krama Yoga**  
Level 1  
Maria

20:30 - 22:00  
**Vinyasa Krama Yoga**  
Level 1-2  
Maria

TUESDAY

9:30 - 10:30  
**Restorative  
Yoga**  
Eleni Z.

11:00 - 12:30  
**Vinyasa Krama Yoga**  
Level 1-2  
Eleni Z.

17:00 - 18:15  
**Vinyasa Krama Yoga**  
Level 1  
Eleni Z.

18:30 - 20:00  
**Vinyasa Krama Yoga**  
Level 1-2  
Anastasia

20:30 - 22:00  
**Vinyasa Krama Yoga**  
Level 2  
Eleni E.

WEDNESDAY

11:00 - 12:30  
**Vinyasa Krama Yoga**  
Level 1-2  
Anastasia

18:30 - 19:45  
**Vinyasa Krama Yoga**  
Level 1  
Maria

20:30 - 22:00  
**Vinyasa Krama Yoga**  
Level 1-2  
Maria

THURSDAY

9:30 - 10:30  
**Restorative  
Yoga**  
Eleni Z.

11:00 - 12:30  
**Vinyasa Krama Yoga**  
Level 1-2  
Eleni Z.

17:00 - 18:15  
**Vinyasa Krama Yoga**  
Level 1  
Eleni Z.

18:30 - 20:00  
**Vinyasa Krama Yoga**  
Level 1-2  
Anastasia

20:30 - 22:00  
**Vinyasa Krama Yoga**  
Level 2  
Eleni E.

FRIDAY

11:00 - 12:30  
**Vinyasa Krama Yoga**  
Level 1-2  
Anastasia

17:00 - 18:15  
**Prenatal Yoga**  
Maria

18:30 - 20:00  
**Vinyasa Krama Yoga**  
Level 1-2  
Maria

20:30 - 22:00  
**Handstands**  
All levels  
Eleni E.

SATURDAY

9:30 - 10:30  
**Restorative  
Yoga**  
Anastasia

11:00 - 12:30  
**Vinyasa Krama Yoga**  
Level 1-2  
Anastasia