



NEA IONIA

CLASS SCHEDULE

MONDAY

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

17:00 - 18:15
Vinyasa Krama Yoga
Level 1-2
Eirini

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

17:00 - 18:15
Vinyasa Krama Yoga
Level 1-2
Eirini

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**
Eirini

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