

<u>Δευτέρα</u>	<u>Τρίτη</u>	<u>Τετάρτη</u>	<u>Πέμπτη</u>	<u>Παρασκευή</u>	<u>Σάββατο</u>
YOGA SCHEDULE					
Hatha Flow 9:00-10:30 Dimitris (all Levels)	Yoga Prenatal 9:30-10:30 Eliana	Hatha Flow 9:00-10:30 Dimitris (all Levels)	Yoga Prenatal 9:00-10:30 Eliana	Hatha Flow 9:00-10:30 Dimitris (all Levels)	
	Yoga works 10:00-10:30 Konstadina (all Levels)		Yoga works 10:00-10:30 Konstadina (all Levels)	Yoga works 10:00-10:30 Konstadina (all Levels)	
	Hatha Yoga 15:30-17:00 Dimitris (all Levels)		Hatha Yoga 15:30-17:00 Dimitris (all Levels)	Hatha Yoga 15:30-17:00 Dimitris (all Levels)	
Iyengar Yoga 17:00-18:30 Eliana (Beginners)	Iyengar Yoga 17:00-18:30 Eliana (Beginners)	Iyengar Yoga 17:00-18:30 Eliana (Beginners)	Iyengar Yoga 17:00-18:30 Eliana (Beginners)		Hatha Flow 17:00-18:30 Dimitris (all Levels)
Ashtanga Yoga 18:00-19:30 Dimitris (Intermediate)		Ashtanga Yoga 18:00-19:30 Dimitris (Intermediate)		Ashtanga Yoga 18:00-19:30 Dimitris (Intermediate)	
Yoga works 19:00-20:30 Konstadina (Intermediate)	Yoga works 19:00-20:30 Konstadina (all levels)	Yoga works 19:00-20:30 Konstadina (Intermediate)	Yoga works 19:00-20:30 Konstadina (all levels)	Yin-Restorative Yoga 19:00-20:45 Konstadina (all Levels)	
	Vinyasa Yoga 20:30-22:00 Dimitris (Intermediate)		Vinyasa Yoga 20:30-22:00 Dimitris (Intermediate)		
PILATES SCEDULE					
Pilates Props 10:00-11:00 Maria (all levels)	Pilates Prenatal 9:30-10:15 Andriana	Pilates Props 10:00-11:00 Maria (all levels)	Pilates Prenatal 9:30-10:15 Andriana	Pilates Props 10:00-11:00 Maria (all levels)	
	Pilates Props 16:00-17:00 Maria (all Levels)		Pilates Props 16:00-17:00 Maria (all Levels)		
Pilates Props 19:00-20:00 Andriana (intermediate)		Pilates Props 19:00-20:00 Andriana (intermediate)		Pilates Props 19:00-20:00 Andriana (intermediate)	

	Pilates Props 20: 1:30 Andriana (all Levels)		Pilates Props 20: 1:30 Andriana (all Levels)		Pilates props 19: 00-20:00 Maria (all Levels)
AERIAL YOGA SCHEDULE					
	Aerial Yoga 17:30- 18:30 (Beginners)		Aerial Yoga 17:30- 18:30 (Beginners)		Aerial Yoga 19:00- 20:00 Dimitris (all Levels)
Aerial Yoga 20:45- 21:45 (all Levels)		Aerial Yoga 20:45- 21:45 (all Levels)		Aerial Yoga 20:45- 21:45 (all Levels)	