



ΠΡΟΓΡΑΜΜΑ - CLASS SCHEDULE

	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
9:00-10:15πμ		HATHA/SUNSTONE YOGA Επίπεδο 1-2		VINYASA FLOW YOGA Επίπεδο 1-2		
10:00-11:15πμ						VINYASA FLOW YOGA (Ακτής) Επίπεδο 1-2
5:45-6:45μμ	SMALL GROUP PRIVATE CLASS	SMALL GROUP PRIVATE CLASS	SMALL GROUP PRIVATE CLASS (5:30-6:30μμ)	SMALL GROUP PRIVATE CLASS		
6:30-7:45μμ			FELDENKRAIS METHOD/THERAPEUTIC YOGA Όλα τα επίπεδα		SMALL GROUP PRIVATE CLASS (6:30-7:30μμ)	
6:45-8:00μμ	YIN YOGA/ SPACE & FLOW Όλα τα επίπεδα	PILATES/CORE FIT Όλα τα επίπεδα (7:00-8:00)		HATHA/SUNSTONE YOGA Επίπεδο 1-2 (7:00-8:15)		
7:30-9:00μμ					KINESIOTHERAPY / RESTORATIVE FLOW Όλα τα επίπεδα	
8:00-9:30μμ			JIVAMUKTI/POWER YOGA Επίπεδο 1-2			
8:15-9:30μμ	VINYASA FLOW YOGA Επίπεδο 2-3	VINYASA FLOW YOGA (Ακτής) Επίπεδο 1-2		VINYASA FLOW YOGA (Ακτής) Επίπεδο 1-2		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:15am		HATHA/SUNSTONE YOGA Level 1-2		VINYASA FLOW YOGA Level 1-2		
10:00-11:15am						VINYASA FLOW YOGA (Akis) Level 1-2
5:45-6:45pm	SMALL GROUP PRIVATE CLASS	SMALL GROUP PRIVATE CLASS	SMALL GROUP PRIVATE CLASS (5:30-6:30pm)	SMALL GROUP PRIVATE CLASS		
6:30-7:45pm			FELDENKRAIS METHOD/THERAPEUTIC YOGA Open level		SMALL GROUP PRIVATE CLASS (6:30-7:30pm)	
6:45-8:00pm	YIN YOGA/ SPACE & FLOW Open level	PILATES/CORE FIT Open level (7:00-8:00 pm)		HATHA/SUNSTONE YOGA Level 1-2 (7:00-8:15pm)		
7:30-9:00μμ					KINESIOTHERAPY/ RESTORATIVE FLOW Open level	
8:00-9:30pm			JIVAMUKTI/POWER YOGA Open level 1-2			
8:15-9:30pm	VINYASA FLOW YOGA Level 2	VINYASA FLOW YOGA (Akis) Level 1-2		VINYASA FLOW YOGA (Akis) Level 1-2		