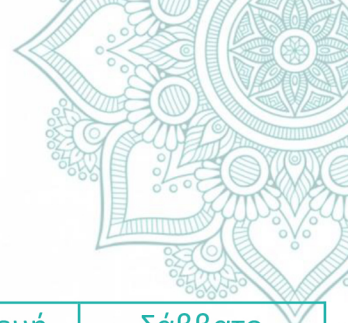




sahadeva
YOGA

ΠΡΟΓΡΑΜΜΑ

live inspired, connect to your purpose



Δευτέρα Monday	Τρίτη Tuesday	Τετάρτη Wednesday	Πέμπτη Thursday	Παρασκευή Friday	Σάββατο Saturday
10.30 – 11.45 HATHA YOGA Studio Επίπ/Lev 1-2 Βέρα	10.30 – 11.45 HATHA YOGA Studio Επίπ/Lev 1-2 Νίκος		10.30 – 11.45 HATHA YOGA Studio Επίπ/Lev 1-2 Νίκος		10.30 – 11.45 HATHA YOGA Studio Επίπ/Lev 1-2 Βέρα
					12.00 – 13.00 AERIAL YOGA Studio Επίπ/Lev 1-2 Τερέζα
				17.00 – 18.00 AERIAL YOGA Studio Αναστασία	
18.00 – 19.00 AERIAL BASICS Studio Επίπ/Lev 1-2 Βέρα	18.00 – 19.00 VINYASA YOGA Studio & Online Επίπ/Lev 2-3 Εύη	18.00 – 19.00 HATHA BEGINNERS Studio Επίπ/Lev 1 Βέρα	18.00 – 19.00 VINYASA YOGA Studio & Online Επίπ/Lev 2-3 Εύη	18.15 – 19.30 HATHA YOGA & SOUND HEALING Studio Επίπ/Lev 1-2 Εύη	
19.15 – 20.15 HATHA YOGA Studio Επίπ/Lev 1-2 Μαρία	19.15 – 20.15 HATHA YOGA Studio & Online Επίπ/Lev 1-2 Εύη	19.15 – 20.15 VINYASA YOGA Studio Επίπ/Lev 2-3 Αναστασία	19.15 – 20.15 HATHA YOGA Studio & Online Επίπ/Lev 1-2 Εύη		
20.30 – 21.45 VINYASA YOGA Studio Επίπ/Lev 2-3 Εύη	20.30 – 21.30 AERIAL YOGA Studio Επίπ/Lev 2-3 Αναστασία	20.30 – 21.45 HATHA YOGA & YOGA NIDRA Studio Επίπ/Lev 1-2 Εύη	20.30 – 21.45 ASHTANGA YOGA Studio Επίπ/Lev 2-3 Αναστασία		