

SCHEDULE

live inspired, connect to your purpose



sahadeva
YOGA

Δευτέρα Monday	Τρίτη Tuesday	Τετάρτη Wednesday	Πέμπτη Thursday	Παρασκευή Friday	Σάββατο Saturday
8.45 – 10.15 ASHTANGA YOGA MYSORE Επίπ/Lev 1-2-3 Manolis	8.45 – 10.15 ASHTANGA YOGA MYSORE Επίπ/Lev 1-2-3 Manolis		8.45 – 10.15 ASHTANGA YOGA MYSORE Επίπ/Lev 1-2-3 Manolis		10.30 – 11.45 HATHA YOGA Studio Επίπ/Lev 1-2 Vera
10.30 – 11.45 HATHA YOGA Studio Επίπ/Lev 1-2 Vera	10.30 – 11.45 HATHA YOGA Studio Επίπ/Lev 1-2 Nikos		10.30 – 11.45 HATHA YOGA Studio Επίπ/Lev 1-2 Vera		12.00 – 13.00 AERIAL YOGA Studio Επίπ/Lev 1-2-3 Konstantina
18.00 – 19.00 AERIAL BASICS Studio Επίπ/Lev 1-2 Vera	18.00 – 19.00 VINYASA YOGA Studio & Online Επίπ/Lev 2-3 Evi	17.30 – 18.30 HATHA BEGINNERS Studio Επίπ/Lev 1 Vera	18.00 – 19.00 VINYASA YOGA Studio & Online Επίπ/Lev 2-3 Evi	18.15 – 19.30 HATHA YOGA & SOUND HEALING Studio Επίπ/Lev 1-2 Evi	
19.15 – 20.15 HATHA YOGA Studio Επίπ/Lev 1-2 Maria	19.15 – 20.15 HATHA YOGA Studio & Online Επίπ/Lev 1-2 Evi	18.45 – 20.15 ASHTANGA YOGA MYSORE Studio Επίπ/Lev 1-2-3 Manolis	19.15 – 20.15 HATHA YOGA Studio & Online Επίπ/Lev 1-2 Evi		
20.30 – 21.45 VINYASA YOGA Studio Επίπ/Lev 2-3 Evi	20.30 – 21.30 AERIAL YOGA Studio Επίπ/Lev 2-3 Anastasia	20.30 – 21.45 HATHA YOGA & YOGA NIDRA Studio Επίπ/Lev 1-2 Evi	20.30 – 21.30 AERIAL YOGA Studio Επίπ/Lev 2-3 Anastasia		

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