



Σύνδεσμοι διαδικτυακών μαθημάτων- Online classes' links

Monday:

19:00-20:30: Vinyasa yoga, level 1-2 ---- Nadia

Tuesday:

08:30-09:45: Vinyasa yoga, all levels ---- Georgia

17:00-18:15: Vinyasa yoga, all levels ---- Nadia

Wednesday:

19:00-20:30: Vinyasa yoga, level 1-2 ---- Nadia

Thursday:

08:30-09:45: Vinyasa yoga, all levels ---- Georgia

17:00-18:15: Vinyasa yoga, all levels ---- Nadia

Friday:

19:30-20:45: Yin & Flow, all levels ---- Georgia

Saturday:

12:00-13:30, Vinyasa yoga, all levels ---- Konstantina