

|  | Schedule             |                      |                     |                    |                      |                        |
|--|----------------------|----------------------|---------------------|--------------------|----------------------|------------------------|
|  | Δευτέρα — Monday     | Τρίτη — Tuesday      | Τετάρτη — Wednesday | Πέμπτη — Thursday  | Παρασκευή — Friday   | Σάββατο — Saturday     |
| Ώρα — Time   |                      |                      |                     |                    |                      |                        |
| 10:30-12:00  |                      | YOGA ASANA<br>George |                     | HATHA<br>George    |                      | VINYASA<br>George-Fani |
|  |                      |                      |                     |                    |                      |                        |
| 18:15-19:45  | HATHA FLOW<br>George |                      |                     | HATHA FLOW<br>Fani | YOGA ASANA<br>George |                        |
|  |                      |                      |                     |                    |                      |                        |
| 20:00-21:30  | VINYASA<br>George    |                      | VINYASA<br>George   |                    |                      |                        |
|  |                      |                      |                     |                    |                      |                        |
| 20:30-21:30  |                      |                      |                     |                    | AERIAL<br>Maria      |                        |
|  |                      |                      |                     |                    |                      |                        |
| 20:30-22:00  |                      | VINYASA<br>George    |                     | VINYASA<br>George  |                      |                        |

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