

# SCHEDULE 2024/2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>10:00-11:15</b> <b>Vinyasa Yoga</b> All levels Eleana Anagnostopoulou					
<b>11:00-12:00</b> <b>Aerial Yoga</b> All levels Eleana Anagnostopoulou	<b>16:00-17:00</b> <b>Aerial Yoga</b> All levels Eleana Anagnostopoulou		<b>10:00-11:15</b> <b>Vinyasa &amp; Wall</b> All levels Eleana Anagnostopoulou	<b>11:30-12:45</b> <b>Mom &amp; Baby Yoga</b> All levels Anna Giannatou	<b>10:30-12:00</b> <b>Forrest Yoga Intensive</b> All levels Tonia Chatziantoniou	<b>11:00-12:30</b> <b>Forrest Yoga</b> All levels Weekly teacher rotation
	<b>17:15-18:15</b> <b>Poppy Yoga</b> All levels Anna Giannatou	<b>13:30-14:30</b> <b>Aerial Yoga</b> All levels Eleana Anagnostopoulou		<b>17:00-18:00</b> <b>Aerial Yoga</b> All levels Eleana Anagnostopoulou	<b>12:30-13:45</b> <b>Poppy Yoga</b> All levels Anna Giannatou	<b>11:00-14:00</b> <b>Seminars &amp; Workshops</b>
<b>17:30-19:00</b> <b>Core Strength</b> All levels Christy Kyrkou	<b>18:30-19:45</b> <b>Slow Vinyasa Yoga</b> All levels Tonia Chatziantoniou	<b>17:30-19:00</b> <b>Forrest Yoga Basics</b> All levels Christy Kyrkou	<b>18:30-19:45</b> <b>Forrest Yoga &amp; Wall</b> All levels Emma Damaskou	<b>18:15-19:30</b> <b>Forrest Yoga</b> All levels Christy Kyrkou	<b>17:00-18:30</b> <b>Forrest Yoga</b> All levels Emma Damaskou	
<b>19:30-20:45</b> <b>Handstands</b> All levels Eleana Anagnostopoulou	<b>20:00-21:15</b> <b>Forrest Yoga</b> All levels Tonia Chatziantoniou	<b>19:30-21:00</b> <b>Forrest Yoga &amp; Wall</b> All levels Kyriaki Pappa	<b>20:00-21:15</b> <b>Slow Vinyasa Yoga</b> All levels Tonia Chatziantoniou	<b>19:45-21:00</b> <b>Handstands</b> All levels Christy Kyrkou		