



ΕΒΔΟΜΑΔΙΑΙΟ ΠΡΟΓΡΑΜΜΑ | WEEKLY SCHEDULE

my body my mind my soul

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	ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY	ΣΑΒΒΑΤΟ SATURDAY
ΠΡΩΙΝΑ ΤΜΗΜΑΤΑ MORNING SECTIONS						
ΕΝΗΛΙΚΕΣ ADULTS	Empowerment 8.30-9.30 Transformative Yoga 9.30-10.45	Pilates 8.30-9.30 9.30-10.30 10.30-11.30	Empowerment 8.30-9.30 Transformative Yoga 9.30-10.45	Pilates 8.30-9.30 9.30-10.30 10.30-11.30	Empowerment 8.30-9.30 Pilates 9.30-10.30 Hatha yoga 10.30-11.45	Pilates 9.30-10.30 Yin Yoga 11.15-12.30
ΑΠΟΓΕΥΜΑΤΙΝΑ ΤΜΗΜΑΤΑ AFTERNOON SECTIONS						
ΠΑΙΔΙΚΟ CHILDISH	Aerial Dance 17.00-18.00	Modern Dance 17.00-18.00	Aerial Dance 17.00-18.00	Modern Dance 17.00-18.00	Aerial Dance 17.00-18.00	Aerial Yoga 12.30-13.30 13.30-14.30
ΕΝΗΛΙΚΕΣ ADULTS	Aerial Dance 18.00-19.00	Pilates 18.00-19.00	Aerial Dance 18.00-19.00	Pilates 18.00-19.00	Aerial Dance 18.00-19.00	Αναπαίτηση ή κράτηση θέσης Reservation is required
	Pilates 19.00-20.00	Transformative Yoga 19.00-20.15	Pilates 19.00-20.00	Pilates 19.00-20.00	Pilates 19.00-20.00	
	Pilates 20.00-21.00	Aerial Yoga 20.30-21.30	Pilates 20.00-21.00	Transformative Yoga 20.00-21.15	Hatha Yoga 20.00-21.15	
	Ashtanga Yoga 21.00-22.15	Aerial Yoga 21.30-22.30	Ashtanga Yoga 21.00-22.15	Aerial Yoga 21.15-22.15		

What we do!

Yoga: Hatha, Vinyasa, Ashtanga, Transformative, Therapeutic, Restorative & Yin Yoga, Pregnancy, Pranayama & Meditation

Aerial Yoga | Aerial Dance | Pilates | Modern Dance (Contemporary) | Empowerment