

SCHEDULE 2024/2025

nāma Yoga Studio

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

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