

# september '24 classes

|         | ΔΕΥΤΕΡΑ            | ΤΡΙΤΗ              | ΤΕΤΑΡΤΗ             | ΠΕΜΠΤΗ               | ΠΑΡΑΣΚΕΥΗ             | ΣΑΒΒΑΤΟ               |
|---------|--------------------|--------------------|---------------------|----------------------|-----------------------|-----------------------|
| 8:30πμ  | Happy Morning Yoga |                    | Happy Morning Yoga  |                      | Happy Morning Yoga    |                       |
| 9μμ     |                    |                    |                     | Ahimsa Yoga 50+      |                       |                       |
| 10:30πμ | Prenatal Yoga      | Baby Massage       | Prenatal Yoga       | Mum & Baby Yoga 3-9M | Mum & Baby Yoga 9-18M | Family Yoga 1.5-3 χρ. |
| 11:30πμ |                    |                    |                     |                      |                       |                       |
| 12μμ    |                    |                    |                     |                      |                       |                       |
| 5μμ     | Aerial Kids 5-10   | Aerial Kids 5-10   | Aerial Kids 5-10    | Aerial Kids 5-10     |                       |                       |
| 6μμ     |                    |                    | Ahimsa Yoga for all |                      |                       |                       |
| 6:15μμ  |                    | Aerial Teens 11-14 |                     | Aerial Teens 11-14   |                       |                       |
| 7:00μμ  |                    |                    |                     |                      |                       |                       |
| 7:30μμ  | Pilates Mat        | Aerial Yoga        | Aerial Pilates      | Aerial Yoga          | Pilates Mat           |                       |

Info: 6983079911

