



YOGA

February, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-9:40 am Yoga 2-3**** Morning Sadhana <i>With teachers permission</i>				
10:00-11:30 am Morning Yoga 1-2** Vinyasa Flow <i>Tina</i>		10:00-11:30 am Morning Yoga 1-2** Vinyasa Flow <i>Tina</i>		10:30-11:45 am Yoga 1-2 Community Class*	
	12:30-1:45pm Pre-Natal Yoga <i>Tina</i>				12:30-2:00 pm Bhakti Flow All Levels <i>Benji</i>
3:30-4:45 pm Hatha Yoga 1 <i>Emely</i>	5:00-6:30 pm Bhakti Flow All Levels <i>Benji</i>	3:30-4:45 pm Hatha Yoga 1 <i>Emely</i>	5:00-6:30 pm Bhakti Flow All Levels <i>Benji</i>	3:30-4:45 pm Restorative Yoga Yoga Nidra <i>Vedamurti-Dimitris</i>	
6:00- 7:40 pm Anusara®/Vinyasa All levels <i>Vivi/Tina</i>		6:00- 7:40 pm Anusara®/Vinyasa All levels <i>Vivi/Tina</i>		6:00-7:30 pm Ashtanga Yoga <i>Tina</i>	
	7:45 - 9:15 pm Anusara® Inspired 1-2 <i>Yiorgos</i>		7:45 - 9:15 pm Anusara® Inspired 1-2 <i>Yiorgos</i>		

PILATES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-13:00pm Pilates Mat Community Class*** <i>Efi</i>	10:30-12:00 am Pilates 1-2 Equipment By Appointment <i>Teresa</i>				
	3:30-4:30 pm Pilates 1-2 Mat <i>Thodoris</i>		3:30-4:30 pm Pilates 1-2 Mat <i>Thodoris</i>		11:00 - 12:00 am Pilates 2 Mat <i>Thodoris</i>
5:00 - 6:00 pm Pilates 1-2 Mat <i>Georgia</i>	5:30-6:30 pm Pilates 1 Equipment By Appointment <i>Thodoris</i>	5:00 - 6:00 pm Pilates 1-2 Mat <i>Georgia</i>	5:30-6:30 pm Pilates 1 Equipment By Appointment <i>Thodoris</i>	5:00-6:00 pm Pilates 1-2 On the Ball By Appointment <i>Georgia</i>	12:00-13:15 pm Pilates1-2 Equipment By Appointment <i>Thodoris</i>
6:00-7:15 pm Pilates 1-2 Equipment By Appointment <i>Georgia</i>	6:30-7:30 pm Pilates 2 Balls By Appointment <i>Thodoris</i>	6:00-7:15 pm Pilates 1-2 Equipment By Appointment <i>Georgia</i>	6:30-7:30 pm Pilates 2 Mat & Props <i>Thodoris</i>		
7:15 - 8:30 pm Pilates 2 Equipment By Appointment <i>Georgia</i>		7:15 - 8:30 pm Pilates 2 Equipment By Appointment <i>Georgia</i>			
8:30-9:30pm Pilates Starter By Appointment <i>Georgia</i>		8:30-9:30pm Pilates Starter By Appointment <i>Georgia</i>			