



ASANA yoga shala

No reservation required | Complimentary Sessions

MONDAY

08.45 – 09.45
Vinyasa Krama
w/ Konstantinos

12.30 – 13.30
Pilates Mat
w/ Ilario

16.00 – 17.00
Glutes & Abs
w/ Angeliki

TUESDAY

11.30 – 12.30
Pilates Mat
w/ Ilario

16.45 – 17.45
Ashtanga
w/ Konstantinos

WEDNESDAY

08.45 – 09.45
Vinyasa Krama
w/ Konstantinos

12.30 – 13.30
Pilates Mat
w/ Ilario

16.00 – 17.00
Glutes & Abs
w/ Angeliki

THURSDAY

08.30 – 09.30
Glutes & Abs
w/ Angeliki

11.30 – 12.30
Pilates Mat
w/ Ilario

16.00 – 17.00
Yin Yoga
w/ Konstantinos

FRIDAY

11.30 – 12.30
Ashtanga
w/ Konstantinos

16.00 – 17.00
Pilates Mat
w/ Angeliki

SATURDAY

08.30 – 09.30
**Meditation
'Dive within'**
w/ Konstantinos

16.00 – 17.00
Pilates Mat
w/ Ilario

SUNDAY

12.30 – 13.30
Pilates Mat
w/ Ilario

16.00 – 17.00
Glutes & Abs
w/ Angeliki

Kindly note: Yoga sessions will not take place on 26/09, 10/10 & 7/11