



SCHEDULE Winter 2017 - 2018
from 3.12.2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Ashtanga Mysore 07:30 - 11:00 Self Practice 07:30 - 08:30 Mysore 08:30 - 11:00 Entry 07:30 - 09:30	Ashtanga Mysore 07:30 - 11:00 Self Practice 07:30 - 08:30 Mysore 08:30 - 11:00 Entry 07:30 - 09:30	Ashtanga Mysore 07:30 - 11:00 Self Practice 07:30 - 08:30 Mysore 08:30 - 11:00 Entry 07:30 - 09:30	Ashtanga Mysore 07:30 - 11:00 Self Practice 07:30 - 08:30 Mysore 08:30 - 11:00 Entry 07:30 - 09:30	Ashtanga Mysore 08:30 - 11:00 entry 08:30 - 09:30 Drop In 5 euros	
						Saturday Mysore Drop in 5 euros Except Unlimited Subscriptions
						For Vinyasa Krama information and cost please contact Marita Mittag at : maritamittag@me.com +306934696156
						Drop In-non Members: 15 euros please inform for your presence via email at info@ashtangayogaathens.com
Yin Yoga 18:00 - 19:30	Vinyasa Krama 17:30- 19:00					Ashtanga Improvisation 18:00 - 19:00
Ashtanga Led 19:30 - 21:30	19:30- 22:00 Ashtanga Mysore Entry 19:30-20:30	Ashtanga Led 19:30 - 21:30	19:30- 22:00 Ashtanga Mysore Entry 19:30-20:30	Ashtanga Led 19:30 - 21:30	Vinyasa Krama 19:30 - 21:00	19:30- 22:00 Ashtanga Mysore Entry 19:30-20:30
zazen 21:30 - 22:00		zazen 21:30 - 22:00		zazen 21:30 - 22:00		

* On New and Full Moon Days check:fb/ashtangayogaathens for changes in schedule.

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