

## **EYS Online Classes Links**

### **Monday**

- 8:00-9:15 Vinyasa Krama Level 1-2 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZcrdu-orTgvGdUxs8u0tdfUqkFIQYuNCItq>

- 09:30-11:00 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZAocu2trjosG90D-k-FkSNoBZQVJqmTjKfd>

- 11:30-13:00 Vinyasa Krama All Levels (Panos live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZlSfuuuqj4oE9VwAHQZpHvoHab8iC9IWbdV>

- 15:30- 16:45 Vinyasa Krama Level 1 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZwsdeqhrjlpG9EhhOZuVjxA4nuXjSxHszhA>

- 17:00-18:15 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZUqdumvrzobjHtaAc1g3eimELMhT2jG85pKc>

- 18:30-20:00 Vinyasa Krama All Levels (Panos live studio Exarchia)

[https://us02web.zoom.us/meeting/register/tZYtf-Gurj0rG9XV4ZwGwiK-O6XjJ\\_JM6zFN](https://us02web.zoom.us/meeting/register/tZYtf-Gurj0rG9XV4ZwGwiK-O6XjJ_JM6zFN)

- 18:30-20:00 Vinyasa Krama Level 1 (Maria D. live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/tZwoduyrqT4pGdZdthH6J3GBA6Ba6nRGcMQ0>

- 20:30-22:00 Vinyasa Krama Level 1-2 (Maria A. live studio N. Ionia)

[https://us02web.zoom.us/meeting/register/tZMpce6qzwiEtZAIaWYaV\\_SP0XnEmjksYI4](https://us02web.zoom.us/meeting/register/tZMpce6qzwiEtZAIaWYaV_SP0XnEmjksYI4)

## **Tuesday**

- 8:00-9:15 Vinyasa Krama Level 1-2 (Amalia live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZMod-qopzlvE9NawJXHspfcMjvvdSh8IbS>

- 9:30-11:00 Vinyasa Krama Level 1 (Rotation live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZAucOChpj8pH9PJFiYcIN14FcnF-X-phDRw>

- 11:30-13:00 Vinyasa Krama Level 1-2 (Maria A. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZYIf-2orjojGN0EqSilqXrF8VR-fOi7q6Ws>

- 13:30-15:00 Vinyasa Krama Level 2-3 (Elli-Anna live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZErfumsrjMrHtxrOzMIqZTKE-wqVIESHQaT>

- 17:00-18:15 Vinyasa Krama Level 1 (Amalia live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZYrcOivrD0uE9zs2OyiwQhEkfpJMX51Q9ld>

- 18:30 -20:00 Vinyasa Krama Level 1-2 (Anastasia D. live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/tZUof-Ggrz0jEtUK8n0y-KKO5exDPwRmFdWt>

- 20:30-22:00 Vinyasa Krama Level 1-2 (Yannis live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZlkcOmurjwpGtBq76ekGM0bB7lj5FalfThg>

## **Wednesday**

- 8:00-9:15 Vinyasa Krama Level 1-2 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZcrdu-orTgvGdUxs8u0tdfUqkFIQYuNCItq>

- 09:30-11:00 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZAocu2trjosG90D-k-FkSNoBZQVJqmTjKfd>

- 11:30-13:00 Vinyasa Krama All Levels (Panos live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZlSfuuuqj4oE9VwAHQZpHvoHab8iC9IWbdV>

- 15:30- 16:45 Vinyasa Krama Level 1 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZwsdeqhrjlpG9EhhOZuVjxA4nuXjSxHszhA>

- 17:00-18:15 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZUqdumvrzrojHtaAc1g3eimELMhT2jG85pKc>

- 18:00-19.30 Vinyasa Krama All Levels (Katerina live from the Evergreen Project)

<https://us02web.zoom.us/meeting/register/tZEsdeCuqT8sHdFFisRLUwPJws0nKIJZjUzR>

- 20:30-22:00 Vinyasa Krama Level 1-2 (Maria A. live studio N. Ionia)

[https://us02web.zoom.us/meeting/register/tZMpce6qzwiEtZAIwYaV\\_SP0XnEmjksYI4](https://us02web.zoom.us/meeting/register/tZMpce6qzwiEtZAIwYaV_SP0XnEmjksYI4)

## **Thursday**

- 8:00-9:15 Vinyasa Krama Level 1-2 (Amalia live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZMod-qopzlvE9NawJXHspfcMjvvdSh8IbS>

- 9:30-11:00 Vinyasa Krama Level 1 (Rotation live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZAucOChpj8pH9PJFiYcIN14FcnF-X-phDRw>

- 11:30-13:00 Vinyasa Krama Level 1-2 (Maria A. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZYIf-2orjojGN0EqSilqXrF8VR-fOi7q6Ws>

- 13:30-15:00 Vinyasa Krama Level 2-3 (Elli-Anna live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZErFumsrjMrHtxrOzMlqZTKE-wqVIESHQaT>

- 17:00-18:15 Vinyasa Krama Level 1 (Amalia live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZYrcOivrD0uE9zs2OyiwQhEkfpJMX51Q9Id>

- 18:30 -20:00 Vinyasa Krama Level 1-2 (Anastasia D. live studio N. Ionia)

<https://us02web.zoom.us/meeting/register/tZUof-Ggrz0jEtUK8n0y-KKO5exDPwRmFdWt>

- 20:30-22:00 Vinyasa Krama Level 1-2 (Yannis live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZlkcOmurjwpGtBq76ekGM0bB7lj5FalfThg>

## **Friday**

- 8:00-9:15 Vinyasa Krama Level 1-2 (Marina live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZcrdu-orTgvGdUxs8u0tdfUqkFIQYuNCItq>

- 09:30-11:00 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZAocu2trjosG90D-k-FkSNoBZQVJqmTjKfd>

- 11:30-13:00 Vinyasa Krama Level 2 (Elli-Anna live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZAvdOysrj0rGNAN1R7ta77CKF7NewZBYP0I>

- 16:30- 17:45 Vinyasa Krama Level 1-2 (Marina live studio Exarchia)

[https://us02web.zoom.us/meeting/register/tZctc--hrDloE9a8VRUV53aDhbkcw7\\_EJnnl](https://us02web.zoom.us/meeting/register/tZctc--hrDloE9a8VRUV53aDhbkcw7_EJnnl)

- 18:00- 19:15 Vinyasa Krama Level 1 (Anastasia T. live studio Exarchia)

[https://us02web.zoom.us/meeting/register/tZ0kdu2grz8rGdLX\\_HeS7kqFT5a7vN57qU5Y](https://us02web.zoom.us/meeting/register/tZ0kdu2grz8rGdLX_HeS7kqFT5a7vN57qU5Y)

- 17:00- 18:15 Prenatal Yoga (Maria A. live studio Nea Ionia)

<https://us02web.zoom.us/meeting/register/tZErduCvqT4uGN2F40skj7-jC2iB75m1p5ii>

- 18:30-20:00 Vinyasa Krama Level 1-2 (Maria A. live studio Nea Ionia)

<https://us02web.zoom.us/meeting/register/tZwrcemuqD8qHNcdchr8GqAGjq5bKhXqLsBJ>

## **Saturday**

- 10:30-12:00 Vinyasa Krama Level 1 (Elli-Anna live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZlqcuygrj8uGdCTNLakrY0gh3bAtwDvIYml>

- 12:00-13:30 Vinyasa Krama Level 1-2 (Anastasia T. live studio Exarchia)

<https://us02web.zoom.us/meeting/register/tZUtdu2prDsqEtVz7x9Yly79mSYqAOzt0AF3>

### **Sadhana with Panos**

**Saturday 25/1/2025, 15.30:**

[https://us02web.zoom.us/meeting/register/KPJaS1\\_9R12Hf2\\_mNR4CjQ](https://us02web.zoom.us/meeting/register/KPJaS1_9R12Hf2_mNR4CjQ)

**Sunday 26/1/2025, 11.00:**

<https://us02web.zoom.us/meeting/register/DS3xMYMWQbe-tVVinpnA-Q>