



Schedule 2020/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 - 11:30	-	Vinyasa @Zem (Available also Online)	-	Vinyasa @Zem (Available also Online)	Vinyasa @Zem (Available also Online)	-	-
18:00 - 19:15	Yin @CdL	-	Yin @CdL	-	-	-	-
18:30 - 20:00	-	Vinyasa @Zem (Available also Online)	-	-	-	-	-
19:15 - 20:15	-	-	-	-	Vinyasa @CdL	-	-
19:30 - 20:30	Vinyasa @CdL	-	Vinyasa @CdL	-	-	-	-

Yoga Studio:

- [Zem](#), Corso Vittorio Emanuele II, 184, 00186 Roma
- [Centro Del Loto](#), Via Luigi Chiarelli, 33, 00137 Roma