

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Bronx, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:10 AM		Core Strengthening in-studio online	Tai Chi and Qigong in-studio	Tai Chi and Qigong in-studio online		Energy Movement in-studio online	
10:00 AM ~ 11:00 AM			Body & Brain Yoga [All levels] online			Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] in-studio
12:00 PM ~ 01:00 PM	Body & Brain Yoga [All levels] online						
01:00 PM ~ 02:00 PM			Chair Yoga online		Meditation online		Yoga and Tai Chi online
06:00 PM ~ 07:10 PM		Core Strengthening in-studio		Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio	Energy Movement in-studio	
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
07:30 PM ~ 08:40 PM			Tai Chi and Qigong in-studio				
					Body & Brain Yoga		

09:00 PM ~ 10:00 PM					[All levels]		
					online		