

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Arlington, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:40 AM							Meditation online
09:50 AM ~ 11:10 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong online	Energy Movement in-studio online	Body & Brain Yoga [All levels] in-studio online
11:50 AM ~ 01:10 PM		Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong online			Tai Chi and Qigong online
01:00 PM ~ 02:00 PM			Chair Yoga online		Meditation online		Body & Brain Yoga [All levels] online
02:20 PM ~ 03:40 PM			Chair Yoga online		Chair Yoga online		
04:20 PM ~ 05:40 PM			Tai Chi and Qigong online				
06:20 PM ~ 07:40 PM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online		Tai Chi and Qigong in-studio online	Energy Movement online	
07:00 PM ~ 08:00 PM		Core Strengthening		Tai Chi and Qigong		Energy Movement	

		online		online		online	
09:00 PM ~ 10:00 PM					Body & Brain Yoga [All levels] online		