

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Birdroad, FL

|                     | SUN                         | MON  | TUE                  | WED   | THU | FRI                          | SAT  |
|---------------------|-----------------------------|--|----------------------|---|-----|------------------------------|--|
| 10:00 AM ~ 11:10 AM | Tai Chi<br>in-studio online | Body & Brain Yoga<br>[All levels]<br>in-studio | Tai Chi<br>in-studio | Body & Brain Yoga<br>[All levels]<br>in-studio        |     | Energy Movement<br>in-studio | Body & Brain Yoga<br>[All levels]<br>in-studio |
| 06:00 PM ~ 07:10 PM |                             | Core<br>Strengthening<br>in-studio             | Tai Chi<br>in-studio | Body & Brain Yoga<br>[All levels]<br>in-studio online |     | Energy Movement<br>in-studio |  |
| 07:30 PM ~ 08:30 PM |                             | Core<br>Strengthening<br>in-studio             |                      | Body & Brain Yoga<br>[All levels]<br>in-studio        |     |                              |  |