

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Secaucus Personal Coaching, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Body & Brain Yoga [All levels] in-studio					
11:30 AM ~ 12:30 PM							Body & Brain Yoga [All levels] online
12:00 PM ~ 01:00 PM		Yoga and Qigong online	Body & Brain Yoga [All levels] online	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online	
03:00 PM ~ 04:00 PM	Body & Brain Yoga [All levels] in-studio						