

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Huntsman, VA

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------|-----|---|---|---|---|---|---|
| 09:30 AM ~ 10:30 AM | | | Body & Brain Yoga [All levels] online | | Body & Brain Yoga [All levels] online | | Tai Chi online |
| 10:30 AM ~ 11:30 AM | | Core Strengthening online | | Tai Chi online | | Energy Movement online | |
| 11:30 AM ~ 12:30 PM | | | | | | | Body & Brain Yoga [All levels] (In- Studio) |
| 04:00 PM ~ 05:00 PM | | | Yoga and Qigong online | | Yoga and Qigong online | | |
| 05:00 PM ~ 06:00 PM | | Core Strengthening online | | Tai Chi online | | | |
| 06:30 PM ~ 07:30 PM | | | Body & Brain Yoga [All levels] online | | Body & Brain Yoga [All levels] online | | |
| 07:30 PM ~ 08:30 PM | | Core Strengthening online | | Tai Chi and Qigong online | | | |

