

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Ridgefield, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:05 AM		Core Strengthening	Tai Chi and Qigong	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Energy Movement	Body & Brain Yoga (All levels)
06:30 PM ~ 07:35 PM		Core Strengthening		Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)	
07:30 PM ~ 08:35 PM			Tai Chi and Qigong		Body & Brain Yoga (All levels)		