

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Duluth, GA

	SUN	MON	TUE	WED	THU	FRI	SAT
08:00 AM ~ 09:15 AM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
09:00 AM ~ 10:15 AM				Tai Chi and Qigong (In-Studio)			
10:00 AM ~ 11:15 AM		Core Strengthening online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi online	Energy Movement online	Body & Brain Yoga [All levels] online
12:30 PM ~ 01:45 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	Body & Brain Yoga [All levels] online
06:30 PM ~ 07:45 PM		Core Strengthening online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi online	Energy Movement online	