

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Wyckoff, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:40 AM		Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online
10:00 AM ~ 11:05 AM			Tai Chi online				
11:00 AM ~ 12:00 PM				Yoga for Seniors online			
06:00 PM ~ 07:10 PM		Body & Brain Yoga [All levels] online		Tai Chi online		Body & Brain Yoga [All levels] online	
06:30 PM ~ 07:40 PM			Body & Brain Yoga [All levels] in-studio online		Body & Brain Yoga [All levels] in-studio online		