

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Ramsey, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:30 AM ~ 10:40 AM</b>		Body & Brain Yoga (All levels)	Yoga and Ki-gong	Body & Brain Yoga (All levels)	Meditation	Body & Brain Yoga (All levels)	Open Class
<b>11:00 AM ~ 12:00 PM</b>							'Power Brain' Yoga for Kids
<b>04:00 PM ~ 05:10 PM</b>			Tai Chi				
<b>06:00 PM ~ 07:10 PM</b>		Body & Brain Yoga (All levels)		Tai Chi		Body & Brain Yoga (All levels)	