

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Manhattan, NY

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------|---|---|---|--|---|---|---|
| 11:00 AM ~ 12:00 PM | Body & Brain Yoga [All levels] online | | | | | | Body & Brain Yoga [All levels] online |
| 12:10 PM ~ 01:10 PM | | Core Strengthening online | | Body & Brain Yoga [All levels] online | | Energy Movement online | |
| 06:00 PM ~ 07:00 PM | | Core Strengthening online | | Self Healing with Wooden Pillow online | | | |
| 06:30 PM ~ 07:30 PM | | | Body & Brain Yoga [All levels] online | | Tai Chi and Qigong online | Energy Movement online | |