

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, East Side Personal Coaching, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:30 AM			Core Strengthening		Body & Brain Yoga (All levels)		
10:00 AM ~ 11:00 AM		Body & Brain Yoga (All levels)		Tai Chi			
11:00 AM ~ 12:00 PM	Open Class						
02:30 PM ~ 03:30 PM					Yoga for Seniors		
06:30 PM ~ 07:30 PM			Tai Chi				
07:30 PM ~ 08:30 PM		Core Strengthening		Body & Brain Yoga (All levels)			