

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Secaucus Personal Coaching, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
11:00 AM ~ 12:00 PM							Body & Brain Yoga (All levels)
03:00 PM ~ 04:00 PM	Body & Brain Yoga (All levels)						Body & Brain Yoga (All levels)
07:00 PM ~ 08:00 PM		Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)			Body & Brain Yoga (All levels)	
07:30 PM ~ 08:30 PM					Tai Chi and Qigong		