

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Rockville Centre, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 PM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio online	Energy Movement in-studio	Body & Brain Yoga [All levels] in-studio
06:15 PM ~ 07:15 PM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio		Energy Movement in-studio	