

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, North Potomac, MD

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:30 AM		Body & Brain Yoga [All levels] online		Yoga and Qigong online		Body & Brain Yoga [All levels] online	
09:30 AM ~ 10:30 AM							Yoga and Qigong online
10:30 AM ~ 11:30 AM		Core Strengthening online		Yoga and Qigong online		Energy Movement online	Body & Brain Yoga [All levels] online
12:00 PM ~ 01:00 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
04:30 PM ~ 05:30 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
06:00 PM ~ 07:00 PM		Core Strengthening online		Yoga and Qigong online		Energy Movement online	
06:30 PM ~ 07:30 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
		Core					

07:15 PM ~ 08:15 PM	SUN	Strengthening MON online	TUE	Yoga and Qigong WED online	THU	FRI	SAT
---------------------	-----	--------------------------------	-----	----------------------------------	-----	-----	-----