

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Bay Ridge, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM							Body & Brain Yoga (All levels)
10:00 AM ~ 11:10 AM	Body & Brain Yoga (All levels)	Core Strengthening	Tai Chi and Ki gong	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Energy Movement	
11:00 AM ~ 12:10 PM							Body & Brain Yoga (All levels)
06:00 PM ~ 07:10 PM		Core Strengthening	Tai Chi and Ki gong	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Energy Movement	
07:30 PM ~ 08:40 PM		Core Strengthening		Body & Brain Yoga (All levels)			