

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Westchester, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:40 AM				Core Strengthening		Energy Movement	
09:00 AM ~ 10:10 AM							Body & Brain Yoga (All levels)
10:30 AM ~ 11:40 AM		Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Core Strengthening	Tai Chi	Energy Movement	
12:00 PM ~ 01:00 PM							Body & Brain Yoga (All levels)
05:30 PM ~ 06:40 PM		Body & Brain Yoga (All levels)		Core Strengthening		Energy Movement	
06:00 PM ~ 07:10 PM			Tai Chi		Tai Chi		
07:30 PM ~ 08:40 PM		Body & Brain Yoga (All levels)		Core Strengthening		Meditation	