

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Bronx, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
08:15 AM ~ 09:15 AM							Meditation
10:00 AM ~ 11:10 AM		Core Strengthening	Tai Chi and Ki gong	Body & Brain Yoga (All levels)		Energy Movement	Body & Brain Yoga (All levels)
12:00 PM ~ 01:00 PM							Tai Chi and Ki gong
06:00 PM ~ 07:10 PM		Core Strengthening	Tai Chi and Ki gong	Body & Brain Yoga (All levels)		Energy Movement	
07:30 PM ~ 08:40 PM		Core Strengthening		Body & Brain Yoga (All levels)			