WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Raleigh, NC

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM	Tai Chi and Qigong online	Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	Yoga and Tai Chi in-studio online
01:00 PM ~ 02:00 PM			Yoga for Seniors online		Meditation online		Yoga and Tai Chi online
06:00 PM ~ 07:00 PM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online		Energy Movement online	
06:30 PM ~ 07:30 PM					Tai Chi and Qigong in-studio online		
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
09:00 PM ~ 10:00 PM					Body & Brain Yoga [All levels] online		