

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Stony Point, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:00 AM</b>		Core Strengthening		Core Strengthening		Core Strengthening	Energy Movement
<b>12:00 PM ~ 01:00 PM</b>			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		
<b>05:30 PM ~ 06:30 PM</b>			'Power Brain' Yoga for Kids				
<b>06:00 PM ~ 07:00 PM</b>		Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)			
<b>07:00 PM ~ 08:00 PM</b>			Tai Chi		Tai Chi		