

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Bayside, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Core Strengthening online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online		Energy Movement online	Body & Brain Yoga [All levels] online
12:00 PM ~ 01:00 PM					Body & Brain Yoga [All levels] online		Tai Chi and Qigong online
04:30 PM ~ 05:30 PM		Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online			
06:00 PM ~ 07:00 PM		Body & Brain Yoga [All levels] online	Core Strengthening online	Self Healing with Wooden Pillow online	Tai Chi and Qigong online	Energy Movement online	
07:30 PM ~ 08:30 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		