

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Great Neck, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:30 AM			Body & Brain Yoga (All levels)				
09:00 AM ~ 10:00 AM		Tai Chi		Body & Brain Yoga (All levels)		Energy Movement	Body & Brain Yoga (All levels)
10:30 AM ~ 11:30 AM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)		Energy Movement	Body & Brain Yoga (All levels)
04:30 PM ~ 05:30 PM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		
06:30 PM ~ 07:30 PM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi	Energy Movement	
08:00 PM ~ 09:00 PM		Core Strengthening		Body & Brain Yoga (All levels)			