

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Arlington, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>08:30 AM ~ 09:40 AM</b>							Meditation <a href="#">online</a>
<b>09:50 AM ~ 11:10 AM</b>		Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Energy Movement <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>
<b>11:50 AM ~ 01:10 PM</b>		Body & Brain Yoga [All levels] <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a>	Tai Chi and Qigong <a href="#">online</a>			Tai Chi and Qigong <a href="#">online</a>
<b>01:00 PM ~ 02:00 PM</b>			Chair Yoga <a href="#">online</a>		Meditation <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>
<b>02:20 PM ~ 03:40 PM</b>			Chair Yoga <a href="#">online</a>		Chair Yoga <a href="#">online</a>		
<b>04:20 PM ~ 05:40 PM</b>			Tai Chi and Qigong <a href="#">online</a>				
<b>06:20 PM ~ 07:40 PM</b>		Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>		Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>	Energy Movement <a href="#">online</a>	
<b>07:00 PM ~ 08:00 PM</b>		Core Strengthening		Tai Chi and Qigong		Energy Movement	

		online		online		online	
<b>09:00 PM ~ 10:00 PM</b>					Body & Brain Yoga [All levels] online		