

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Arlington, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:40 AM		Core Strengthening online		Self Healing with Wooden Pillow online		Meditation online	
10:00 AM ~ 11:10 AM		Core Strengthening online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Energy Movement online	Body & Brain Yoga [All levels] online
12:00 PM ~ 01:15 PM	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Core Strengthening online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online
02:30 PM ~ 03:40 PM		'Power Brain' Yoga for Kids online	Yoga for Seniors online	'Power Brain' Yoga for Kids online	Yoga for Seniors online	Meditation online	
04:30 PM ~ 05:45 PM		Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Self Healing with Wooden Pillow online	Tai Chi and Qigong online	Tai Chi and Qigong online	
06:30 PM ~ 07:40 PM		Core Strengthening online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online	Energy Movement online	