

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Wayne, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
08:00 AM ~ 09:00 AM							Tai Chi and Qigong in-studio online.
10:00 AM ~ 11:00 AM			Body & Brain Yoga [All levels] in-studio online.	Body & Brain Yoga [All levels] in-studio online.		Energy Movement in-studio online.	Open Class in-studio online.
12:00 PM ~ 01:00 PM			Body & Brain Yoga [All levels] in-studio online.		Tai Chi and Qigong in-studio online.		
05:00 PM ~ 06:00 PM		Tai Chi in-studio online.			Body & Brain Yoga [All levels] in-studio online.		
07:00 PM ~ 08:00 PM		Body & Brain Yoga [All levels] in-studio online.		Body & Brain Yoga [All levels] in-studio online.	Tai Chi and Qigong in-studio online.		