

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Miami, FL

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:10 AM			Tai Chi and Qigong online			Tai Chi and Qigong online	
07:30 AM ~ 08:30 AM	Meditation online						
10:00 AM ~ 11:10 PM	Tai Chi in-studio online	Core Strengthening online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online		Energy Movement online	Body & Brain Yoga [All levels] online
11:30 AM ~ 12:30 PM							Core Strengthening online
02:30 PM ~ 03:30 PM		Yoga for Seniors online				Yoga for Seniors online	Tai Chi and Qigong online
04:30 PM ~ 05:30 PM			Core Strengthening online	Tai Chi and Qigong online			
06:00 PM ~ 07:10 PM		Core Strengthening online	Body & Brain Yoga [All levels] (In-Studio)	Body & Brain Yoga [All levels] online		Energy Movement online	
		Core		Body & Brain Yoga			

07:30 PM ~ 08:40 PM	SUN	Strengthening MON online	TUE	[All levels] WED online	THU	Energy Movement FRI online	SAT
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