

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Franklin Square, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:30 AM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
09:00 AM ~ 10:00 AM				Tai Chi online			
10:00 AM ~ 11:00 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online		Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] online	
11:00 AM ~ 12:00 PM				Self Healing with Wooden Pillow online			Body & Brain Yoga [All levels] in-studio online
01:30 PM ~ 02:30 PM						Yoga for Seniors online	
02:30 PM ~ 03:30 PM			Yoga for Seniors online		Yoga for Seniors online		
04:00 PM ~ 05:00 PM		Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online			
06:00 PM ~ 07:00 PM		Core Strengthening	Body & Brain Yoga [All levels]	Self Healing with Wooden Pillow	Body & Brain Yoga [All levels] (In-	Body & Brain Yoga [All levels]	

		in-studio online.	online	(In-Studio)	Studio)	online	
	SUN	MON Body & Brain Yoga [All levels]	TUE	WED Tai Chi	THU	FRI	SAT
07:30 PM ~ 08:30 PM		online		online			