

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Bay Ridge, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:30 AM				Body & Brain Yoga [All levels] in-studio			Body & Brain Yoga [All levels] in-studio
10:00 AM ~ 11:00 AM		Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online		Body & Brain Yoga [All levels] online	
10:00 AM ~ 11:00 AM		Core Strengthening in-studio	Tai Chi in-studio			Energy Movement in-studio	
11:00 AM ~ 12:00 PM				Body & Brain Yoga [All levels] in-studio			Body & Brain Yoga [All levels] in-studio
01:00 PM ~ 02:00 PM			Chair Yoga online		Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online
06:00 PM ~ 07:00 PM		Core Strengthening in-studio		Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio		
07:00 PM ~ 08:00 PM		Core Strengthening online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online		Energy Movement online	

07:30 PM ~ 08:30 PM			Body & Brain Yoga [All levels] in-studio		Body & Brain Yoga [All levels] in-studio		
09:00 PM ~ 10:00 PM					Body & Brain Yoga [All levels] online		