

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Birdroad, FL

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