

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Birdroad, FL

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:10 AM			Tai Chi and Qigong online			Tai Chi and Qigong online	
10:00 AM ~ 11:10 AM	Tai Chi in-studio online	Core Strengthening online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Energy Movement online	Body & Brain Yoga [All levels] online
10:00 AM ~ 11:00 AM		Core Strengthening (In-Studio)		Body & Brain Yoga [All levels] (In-Studio)			Body & Brain Yoga [All levels] (In-Studio)
11:30 AM ~ 12:40 PM							Yoga for Young Adults (In-Studio)
02:30 PM ~ 03:40 PM						Yoga for Seniors online	
04:30 PM ~ 05:40 PM			Yoga for Young Adults online				
06:00 PM ~ 07:00 PM		Core Strengthening (In-Studio)		Core Strengthening (In-Studio)			
06:00 PM ~ 07:10 PM		Core Strengthening	Tai Chi and Qigong	Body & Brain Yoga [All levels]		Energy Movement	

	SUN	MON	TUE	WED	THU	FRI	SAT
		online	online	in-studio online	Tai Chi and Qigong	online	
06:30 PM ~ 07:30 PM					online		
07:30 PM ~ 08:40 PM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	