

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Bronx, NY

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------|---|--|---|--|--|---|--|
| 10:00 AM ~ 11:10 AM | | Core Strengthening in-studio online | Tai Chi and Qigong in-studio | Tai Chi and Qigong in-studio online | | Energy Movement in-studio online | |
| 10:00 AM ~ 11:00 AM | | | Body & Brain Yoga [All levels] online | | | Body & Brain Yoga [All levels] online | Body & Brain Yoga [All levels] in-studio |
| 12:00 PM ~ 01:00 PM | Body & Brain Yoga [All levels] online | | | | | | |
| 01:00 PM ~ 02:00 PM | | | Chair Yoga online | | Meditation online | | Yoga and Tai Chi online |
| 06:00 PM ~ 07:10 PM | | Core Strengthening in-studio | | Tai Chi and Qigong in-studio | Body & Brain Yoga [All levels] in-studio | Energy Movement in-studio | |
| 07:00 PM ~ 08:00 PM | | Core Strengthening online | | Tai Chi and Qigong online | | Energy Movement online | |
| 07:30 PM ~ 08:40 PM | | | Tai Chi and Qigong in-studio | | | | |
| | | | | | Body & Brain Yoga | | |

09:00 PM ~ 10:00 PM

[All levels]

online