

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Bronx, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 PM		Core Strengthening in-studio online	Tai Chi and Qigong in-studio online	Meditation in-studio online		Energy Movement in-studio online	
11:00 AM ~ 12:00 PM							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			Meditation online		Energy Movement online		Yoga and Qigong online
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
07:30 PM ~ 08:30 PM			Core Strengthening (In-Studio)				
10:00 PM ~ 11:00 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		

