

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, East Meadow, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>07:30 AM ~ 08:20 AM</b>			Tai Chi				
<b>09:00 AM ~ 10:15 AM</b>	Yoga and Ki-gong						Yoga and Ki-gong
<b>10:00 AM ~ 11:10 AM</b>		Yoga and Ki-gong	Yoga and Ki-gong	Tai Chi	Yoga and Ki-gong		
<b>11:00 AM ~ 12:15 PM</b>	'Power Brain' Yoga for Kids						Yoga and Ki-gong
<b>12:00 PM ~ 01:00 PM</b>				Yoga for Seniors			
<b>04:15 PM ~ 05:25 PM</b>		Yoga and Ki-gong		Yoga and Ki-gong			
<b>06:00 PM ~ 07:10 PM</b>		Yoga and Ki-gong	Yoga and Ki-gong	Yoga and Ki-gong	Tai Chi		
<b>07:30 PM ~ 08:40 PM</b>		Tai Chi		Yoga and Ki-gong			

