

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Closter, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
06:30 AM ~ 07:30 AM		Body & Brain Yoga (All levels)		Core Strengthening			
08:30 AM ~ 09:30 AM		Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Core Strengthening		Energy Movement	Body & Brain Yoga (All levels)
10:10 AM ~ 11:10 AM		Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Core Strengthening	Tai Chi and Ki gong	Energy Movement	Body & Brain Yoga (All levels)
12:00 PM ~ 01:00 PM	Tai Chi and Ki gong						
02:00 PM ~ 03:00 PM							'Power Brain' Yoga for Kids
06:00 PM ~ 07:00 PM		Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Core Strengthening	Tai Chi and Ki gong		