

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Mineola, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
08:45 AM ~ 09:45 AM							Tai Chi online
10:00 AM ~ 11:10 AM	Body & Brain Yoga [All levels] online	Core Strengthening in-studio online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Energy Movement online	Body & Brain Yoga [All levels] online
04:00 PM ~ 05:00 PM		Body & Brain Yoga [All levels] online					
06:00 PM ~ 07:15 PM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi online	
07:30 PM ~ 08:30 PM		Body & Brain Yoga [All levels] online					