

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Cambridge, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
08:20 AM ~ 09:40 AM							Meditation online
09:50 AM ~ 11:10 AM		Core Strengthening online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Energy Movement online	Body & Brain Yoga [All levels] online
09:50 AM ~ 11:10 AM		Core Strengthening (In-Studio)					Tai Chi and Qigong (In-Studio)
11:50 AM ~ 01:10 PM	Body & Brain Yoga [All levels] online			Body & Brain Yoga [All levels] online			Tai Chi and Qigong online
11:50 AM ~ 12:30 PM							
02:20 PM ~ 03:40 PM			Yoga for Seniors in-studio online		Yoga for Seniors online		
02:20 PM ~ 03:00 PM						Meditation in-studio online	
04:20 PM ~ 05:40 PM		Core Strengthening in-studio online	Tai Chi in-studio online		Body & Brain Yoga [All levels] (In-Studio)		

	SUN	MON	TUE	WED	THU	FRI	SAT
04:20 PM ~ 05:00 PM							
06:20 PM ~ 07:40 PM		Self Healing with Wooden Pillow in-studio online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] (In- Studio)	Tai Chi and Qigong online	Energy Movement online	