

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Centreville, VA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM							Tai Chi and Qigong in-studio online
09:30 AM ~ 10:30 AM			Body & Brain Yoga [All levels] in-studio online		Tai Chi and Qigong in-studio online		
10:30 AM ~ 11:30 AM		Core Strengthening in-studio online		Tai Chi and Qigong in-studio online		Energy Movement in-studio online	
11:30 AM ~ 12:30 AM							Body & Brain Yoga [All levels] in-studio online
01:00 PM ~ 02:00 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online
06:00 PM ~ 07:00 PM		Core Strengthening in-studio online		Tai Chi and Qigong in-studio online		Energy Movement in-studio online	
06:30 PM ~ 07:30 PM			Body & Brain Yoga [All levels] in-studio online		Body & Brain Yoga [All levels] in-studio online		
		Core		Tai Chi and			

<b>07:00 PM ~ 08:00 PM</b>	<b>SUN</b>	Strengthening <b>MON</b> online	<b>TUE</b>	Qigong <b>WED</b> online	<b>THU</b>	Energy Movement <b>FRI</b> online	<b>SAT</b>
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