

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Centreville, VA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:45 AM ~ 08:45 AM			Body & Brain Yoga [All levels] in-studio			Body & Brain Yoga [All levels] in-studio	
09:00 AM ~ 10:00 AM							Tai Chi and Qigong in-studio online
09:30 AM ~ 10:30 AM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	
11:30 AM ~ 12:30 PM			Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio
01:00 PM ~ 02:00 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online
06:30 PM ~ 07:30 PM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio online	Energy Movement online	
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	

