

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Closter, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
06:30 AM ~ 07:30 AM				Core Strengthening online			
08:30 AM ~ 09:30 AM		Body & Brain Yoga [All levels] in-studio online		Core Strengthening in-studio online		Body & Brain Yoga [All levels] online	
10:30 AM ~ 11:30 AM	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] in-studio online	Energy Movement online	Body & Brain Yoga [All levels] in-studio online
12:00 PM ~ 01:00 PM	Tai Chi and Qigong in-studio online						Body & Brain Yoga [All levels] online
05:30 PM ~ 06:30 PM		Body & Brain Yoga [All levels] (In-Studio)	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong in-studio online	Energy Movement online	
07:30 PM ~ 08:30 PM		Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online			