

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Kew Gardens Hills, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:10 AM</b>							Body & Brain Yoga (All levels)
<b>04:00 PM ~ 05:10 PM</b>			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		
<b>06:00 PM ~ 07:10 PM</b>			Tai Chi		Body & Brain Yoga (All levels)	Yoga and Ki-gong	
<b>07:00 PM ~ 08:10 PM</b>		Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)			