

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Decatur, GA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:45 AM			Yoga and Qigong online		Yoga and Qigong online		
09:00 AM ~ 10:00 AM							Yoga and Qigong online
10:00 AM ~ 11:15 AM	Yoga and Qigong online	Core Strengthening in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio	Energy Movement in-studio	Energy Movement online	Yoga and Qigong in-studio
12:00 PM ~ 01:00 PM				Tai Chi and Qigong online		Tai Chi and Qigong online	
01:00 PM ~ 02:00 PM			Yoga for Seniors online		Meditation online		Yoga and Qigong online
06:30 PM ~ 07:45 PM		Core Strengthening in-studio online	Yoga and Qigong in-studio online	Tai Chi and Qigong in-studio	Energy Movement in-studio online		
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
09:00 PM ~ 10:00 PM					Yoga and Qigong		

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