

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		
10:00 AM ~ 11:15 AM		Core Strengthening in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio	Energy Movement in-studio		Yoga and Qigong in-studio
10:00 AM ~ 11:15 AM	Yoga and Qigong online	Core Strengthening online	Yoga and Qigong online	Tai Chi and Qigong online	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online
01:00 PM ~ 02:00 PM			Yoga for Seniors online		Meditation online		Yoga and Qigong online
02:00 PM ~ 03:15 PM		Core Strengthening online					
06:30 PM ~ 07:45 PM		Core Strengthening in-studio	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 online		Energy Movement online	
09:00 PM ~ 10:00 PM					Body & Brain Yoga [All levels]		

online