

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, East Meadow, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:30 AM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
09:00 AM ~ 10:00 AM				Tai Chi and Qigong online			Tai Chi online
10:00 AM ~ 11:00 AM	Body & Brain Yoga [All levels] online	Core Strengthening online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Energy Movement online	Body & Brain Yoga [All levels] online
11:00 AM ~ 12:00 PM				Self Healing with Wooden Pillow online			
12:00 PM ~ 01:00 PM							
12:30 PM ~ 01:30 PM							Body & Brain Yoga [All levels] online
02:30 PM ~ 03:30 PM			Yoga for Seniors online		Yoga for Seniors online		
04:00 PM ~ 05:00 PM				Body & Brain Yoga [All levels]			

	SUN	MON Core	TUE	WED Tai Chi	THU	FRI	SAT
06:00 PM ~ 07:00 PM		Strengthening online		online			
06:30 PM ~ 07:30 PM			Body & Brain Yoga [All levels] online		Tai Chi and Qigong online	Energy Movement online	
07:30 PM ~ 08:30 PM		Body & Brain Yoga [All levels] online		Tai Chi and Qigong online			