

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Lynbrook, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:15 AM</b>		Core Strengthening	Tai Chi and Ki gong	Body & Brain Yoga (All levels)		Energy Movement	Body & Brain Yoga (All levels)
<b>04:30 PM ~ 05:30 PM</b>					'Power Brain' Yoga for Kids		
<b>06:00 PM ~ 07:15 PM</b>					Yoga and Ki-gong	Energy Movement	
<b>07:00 PM ~ 08:15 PM</b>		Core Strengthening	Tai Chi and Ki gong	Body & Brain Yoga (All levels)			