

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, New City, NY

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------|-----|--------------------|--------------------------------|--------------------------------|--------------------------------|-----------------|--------------------------------|
| 09:30 AM ~ 10:30 AM | | Core Strengthening | | Tai Chi | | Energy Movement | |
| 10:00 AM ~ 11:00 AM | | | | | | | Body & Brain Yoga (All levels) |
| 12:00 PM ~ 01:00 PM | | | Body & Brain Yoga (All levels) | | Body & Brain Yoga (All levels) | | |
| 05:30 PM ~ 06:30 PM | | Core Strengthening | | Body & Brain Yoga (All levels) | | | |
| 06:00 PM ~ 07:00 PM | | | Tai Chi and Ki gong | | Body & Brain Yoga (All levels) | | |
| 07:30 PM ~ 08:30 PM | | Core Strengthening | | Body & Brain Yoga (All levels) | | | |