

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Forest Hills, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>07:30 AM ~ 08:30 AM</b>			Body & Brain Yoga [All levels] <b>online</b>		Body & Brain Yoga [All levels] <b>online</b>		
<b>09:00 AM ~ 10:00 AM</b>							Tai Chi and Qigong <b>in-studio</b>
<b>10:00 AM ~ 11:00 AM</b>	Body & Brain Yoga [All levels] <b>online</b>	Core Strengthening <b>online</b>	Body & Brain Yoga [All levels] <b>online</b>	Tai Chi and Qigong <b>online</b>	Body & Brain Yoga [All levels] <b>online</b>	Body & Brain Yoga [All levels] <b>online</b>	Body & Brain Yoga [All levels] <b>online</b>
<b>10:00 AM ~ 11:00 AM</b>	Body & Brain Yoga [All levels] <b>in-studio</b>	Core Strengthening <b>in-studio</b>	Tai Chi and Qigong <b>in-studio</b>	Tai Chi and Qigong <b>in-studio</b>		Energy Movement <b>in-studio</b>	
<b>11:00 AM ~ 12:00 PM</b>							Body & Brain Yoga [All levels] <b>in-studio</b>
<b>01:00 PM ~ 02:00 PM</b>			Chair Yoga <b>online</b>		Energy Movement <b>online</b>		Yoga and Qigong <b>online</b>
<b>06:00 PM ~ 07:00 PM</b>		Core Strengthening <b>in-studio</b>	Tai Chi and Qigong <b>in-studio</b>	Body & Brain Yoga [All levels] <b>in-studio</b>		Energy Movement <b>in-studio</b>	
			Body & Brain Yoga		Body & Brain Yoga		

<b>06:30 PM ~ 07:30 PM</b>			[All levels] <a href="#">online</a>		[All levels] <a href="#">online</a>		
<b>07:00 PM ~ 08:00 PM</b>		Core Strengthening <a href="#">online</a>		Tai Chi and Qigong <a href="#">online</a>		Energy Movement <a href="#">online</a>	
<b>09:00 PM ~ 10:00 PM</b>					Body & Brain Yoga [All levels] <a href="#">online</a>		