WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Franklin Square, 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							Body & Brain Yoga [All levels] in-studio
10:00 AM ~ 11:00 AM	Body & Brain Yoga [All levels] online	Core Strengthening in-studio online	Tai Chi and Qigong in-studio	Self Healing with Wooden Pillow in-studio	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] online
11:00 AM ~ 12:00 PM							Body & Brain Yoga [All levels] in-studio
01:00 PM ~ 02:00 PM			Chair Yoga online				
02:30 PM ~ 03:30 PM					Yoga for Seniors online		
06:00 PM ~ 07:00 PM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio	Self Healing with Wooden Pillow in-studio		Body & Brain Yoga [All levels] in-studio	
06:30 PM ~ 07:30 PM			Body & Brain Yoga [All levels]		Body & Brain Yoga [All levels]		

			online		online		
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi online		Energy Movement online	