

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Lynbrook, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM			Body & Brain Yoga [All levels] online	Tai Chi and Qigong online		Body & Brain Yoga [All levels] online	
10:00 AM ~ 11:10 AM		Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio		Energy Movement in-studio	Body & Brain Yoga [All levels] in-studio
01:00 PM ~ 02:00 PM			Chair Yoga online		Meditation online		Body & Brain Yoga [All levels] online
06:30 PM ~ 07:40 PM		Core Strengthening in-studio		Tai Chi and Qigong in-studio			
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
09:00 PM ~ 10:00 PM					Body & Brain Yoga [All levels] online		