

# WEEKLY SCHEDULE

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

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:00 AM</b>		Core Strengthening <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>		Energy Movement <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>
<b>12:00 PM ~ 01:00 PM</b>					Body & Brain Yoga [All levels] <a href="#">online</a>		
<b>12:10 PM ~ 01:10 PM</b>		Core Strengthening (In-Studio)				Energy Movement (In-Studio)	
<b>06:00 PM ~ 07:00 PM</b>		Core Strengthening <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Energy Movement <a href="#">online</a>	
<b>06:30 PM ~ 07:30 PM</b>			Body & Brain Yoga [All levels] (In-Studio)	Self Healing with Wooden Pillow (In-Studio)	Tai Chi and Qigong (In-Studio)		
<b>07:30 PM ~ 08:30 PM</b>			Core Strengthening <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>		