

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Marietta, GA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:45 AM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
10:00 AM ~ 11:15 AM	Yoga and Qigong online	Core Strengthening online	Yoga and Qigong in-studio online	Tai Chi and Qigong in-studio online	Yoga and Qigong in-studio online	Yoga and Qigong online	Tai Chi and Qigong in-studio online
01:00 PM ~ 02:00 PM			Yoga for Seniors online		Meditation online		Yoga and Qigong online
02:30 PM ~ 03:30 PM			Yoga for Seniors online		Yoga for Seniors online		
06:30 PM ~ 07:45 PM		Core Strengthening (In- Studio)	Yoga and Qigong in-studio online	Tai Chi and Qigong (In-Studio)	Yoga and Qigong in-studio online		
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		

