

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Miami, FL

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:10 AM			Tai Chi and Qigong online			Tai Chi and Qigong online	
10:00 AM ~ 11:10 PM	Tai Chi and Qigong in-studio online	Core Strengthening in-studio online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong online	Energy Movement online	Body & Brain Yoga [All levels] in-studio online
11:30 AM ~ 12:30 PM	Tai Chi and Qigong (In-Studio)						Core Strengthening online
02:30 PM ~ 03:30 PM		Yoga for Seniors online				Yoga for Seniors online	
04:30 PM ~ 05:30 PM			Core Strengthening online	Tai Chi and Qigong online			
06:00 PM ~ 07:10 PM		Core Strengthening online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] in-studio online	
06:30 PM ~ 07:30 PM					Tai Chi and Qigong online		
		Core		Tai Chi and			

07:30 PM ~ 08:40 PM	SUN	Strengthening in-studio MON online.	TUE	Qigong in-studio WED online.	THU	Energy Movement FRI online.	SAT
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