

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Mineola, 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							
10:00 AM ~ 11:00 AM	Body & Brain Yoga [All levels] online	Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi in-studio online	Self Healing with Wooden Pillow in-studio	Energy Movement in-studio	Body & Brain Yoga [All levels] in-studio online
10:01 AM ~ 11:01 AM						Body & Brain Yoga [All levels] online	
10:01 AM ~ 11:01 AM					Body & Brain Yoga [All levels] online		
01:00 PM ~ 02:00 PM			Yoga for Seniors online		Meditation online		Yoga and Tai Chi online
02:30 PM ~ 03:30 PM			Yoga for Seniors online		Yoga for Seniors online		
05:00 PM ~ 06:00 PM					Self Healing with Wooden Pillow		

					in-studio		
06:00 PM ~ 07:00 PM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio	Tai Chi in-studio			
06:30 PM ~ 07:30 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
10:00 PM ~ 11:00 PM					Body & Brain Yoga [All levels] online		