

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, New City, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:30 AM		Body & Brain Yoga [All levels] online		Core Strengthening online		Energy Movement online	
10:00 AM ~ 11:00 AM	Yoga and Qigong online	Core Strengthening online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online		Body & Brain Yoga [All levels] online	Yoga and Tai Chi online
10:00 AM ~ 11:00 AM		Core Strengthening (In- Studio)	Chair Yoga (In- Studio)	Tai Chi and Qigong (In-Studio)			Energy Movement (In-Studio)
10:30 AM ~ 11:30 AM					Yoga and Tai Chi online		
12:00 PM ~ 01:00 PM	Body & Brain Yoga [All levels] (In- Studio)					Chair Yoga (In- Studio)	
01:00 PM ~ 02:00 PM			Chair Yoga online		Meditation online		Yoga and Qigong online
05:30 PM ~ 06:30 PM			Core Strengthening (In- Studio)			Tai Chi and Qigong (In-Studio)	
05:30 PM ~ 06:30 PM		Body & Brain Yoga [All levels] online	Self Healing with Wooden Pillow online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Tai Chi and Qigong online	

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 PM ~ 08:00 PM		Self Healing with Wooden Pillow (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		