

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, North Merrick, 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							Body & Brain Yoga [All levels] in-studio
10:00 AM ~ 11:00 AM	Body & Brain Yoga [All levels] in-studio	Core Strengthening in-studio	Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio	Body & Brain Yoga [All levels] in-studio	Energy Movement in-studio	Body & Brain Yoga [All levels] online
11:00 AM ~ 12:00 PM							Tai Chi and Qigong in-studio
11:30 AM ~ 12:30 AM				Yoga for Seniors in-studio			
06:15 PM ~ 07:15 PM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio	Body & Brain Yoga [All levels] in-studio		Energy Movement in-studio	