

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, North Potomac, MD

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM			Body & Brain Yoga [All levels] online		Yoga and Tai Chi online		Body & Brain Yoga [All levels] in-studio online
10:30 AM ~ 11:30 AM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	
10:30 AM ~ 11:30 AM							Tai Chi and Qigong (In-Studio)
12:00 PM ~ 01:00 PM			Tai Chi and Qigong (In-Studio)		Tai Chi and Qigong (In-Studio)		
01:00 PM ~ 02:00 PM			Chair Yoga online		Meditation online		
06:00 PM ~ 07:00 PM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	
06:30 PM ~ 07:30 PM			Body & Brain Yoga [All levels] in-studio online		Yoga and Tai Chi online		
06:30 PM ~ 07:30 PM					Tai Chi and Qigong (In-Studio)		

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 PM ~ 08:00 PM		Strengthening		Yoga and Qigong			
		online		online			