

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Pinecrest, FL

	SUN	MON	TUE	WED	THU	FRI	SAT
06:00 AM ~ 07:10 AM		Meditation online		Meditation online			
07:00 AM ~ 08:00 AM			Tai Chi online			Tai Chi and Qigong online	
07:30 AM ~ 08:30 AM							Meditation online
09:00 AM ~ 09:45 AM	Tai Chi online						Body & Brain Yoga [All levels] online
10:00 AM ~ 11:10 AM	Tai Chi online	Core Strengthening online	Tai Chi and Qigong (In-Studio)	Body & Brain Yoga [All levels] online		Energy Movement online	Tai Chi (In-Studio)
11:30 AM ~ 12:30 PM							Core Strengthening online
02:30 PM ~ 03:30 PM		Yoga for Seniors online				Yoga for Seniors online	Tai Chi online
04:30 PM ~ 05:30 PM		Core Strengthening		Yoga for Young Adults		Meditation	

	SUN	MON	TUE	WED	THU	FRI	SAT
		online	Tai Chi and Qigong	Body & Brain Yoga		Body & Brain Yoga	
06:00 PM ~ 07:10 PM		Tai Chi (In-Studio)	online	[All levels] (In-Studio)		[All levels] (In-Studio)	
07:30 PM ~ 08:45 PM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	