

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Raleigh, NC

|                            | SUN  | MON  | TUE  | WED  | THU  | FRI                                       | SAT  |
|----------------------------|--|--|--|--|--|---|--|
| <b>10:00 AM ~ 11:00 AM</b> | Tai Chi and Qigong<br><a href="#">online</a> | Core Strengthening<br><a href="#">in-studio</a> <a href="#">online</a> | Body & Brain Yoga [All levels]<br><a href="#">in-studio</a> <a href="#">online</a> | Body & Brain Yoga [All levels]<br><a href="#">in-studio</a> <a href="#">online</a> | Tai Chi and Qigong<br><a href="#">in-studio</a> <a href="#">online</a> | Energy Movement<br><a href="#">online</a> | Body & Brain Yoga [All levels]<br><a href="#">in-studio</a> <a href="#">online</a> |
| <b>01:00 PM ~ 02:00 PM</b> |  |  | Yoga for Seniors<br><a href="#">online</a>   |  | Meditation<br><a href="#">online</a>                                   |   | Body & Brain Yoga [All levels]<br><a href="#">online</a>                           |
| <b>06:00 PM ~ 07:00 PM</b> |  | Core Strengthening<br><a href="#">in-studio</a> <a href="#">online</a> | Body & Brain Yoga [All levels]<br><a href="#">in-studio</a> <a href="#">online</a> | Body & Brain Yoga [All levels]<br><a href="#">in-studio</a> <a href="#">online</a> |  | Energy Movement<br><a href="#">online</a> |  |
| <b>06:30 PM ~ 07:30 PM</b> |  |  |  |  | Tai Chi and Qigong<br><a href="#">in-studio</a> <a href="#">online</a> |   |  |
| <b>07:00 PM ~ 08:00 PM</b> |  |  |  |  |  | Energy Movement<br><a href="#">online</a> |  |
| <b>07:30 PM ~ 08:30 PM</b> |  | Core Strengthening<br><a href="#">online</a>                           |  | Tai Chi and Qigong<br><a href="#">online</a>                                       |  |   |  |
| <b>09:00 PM ~ 10:00 PM</b> |  |  |  |  | Body & Brain Yoga [All levels]<br><a href="#">online</a>               |   |  |

