

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Ridgefield, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:05 AM		Core Strengthening in-studio online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online
06:30 PM ~ 07:35 PM		Core Strengthening in-studio online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online	
07:30 PM ~ 08:35 PM							