WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Riverwalk, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:30 AM							Meditation online
10:00 AM ~ 11:10 AM	Body & Brain Yoga [All levels] in-studio	Core Strengthening 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	Body & Brain Yoga [All levels] in-studio online
12:00 PM ~ 01:10 PM		Core Strengthening online		Tai Chi and Qigong online			Tai Chi and Qigong in-studio
04:15 PM ~ 05:00 PM				Body & Brain Yoga for Kids in-studio			
05:30 PM ~ 06:40 PM					Body & Brain Yoga [All levels] in-studio		
06:30 PM ~ 07:40 PM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Tai Chi and Qigong online	Energy Movement online	