

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Rockville Centre, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:30 AM		Core Strengthening (In-Studio)		Body & Brain Yoga [All levels] (In-Studio)		Tai Chi and Qigong (In-Studio)	
09:00 AM ~ 10:00 AM				Self Healing with Wooden Pillow online			Tai Chi and Qigong online
10:00 AM ~ 11:00 PM	Body & Brain Yoga [All levels] online	Core Strengthening online	Body & Brain Yoga [All levels] online	Tai Chi online	Body & Brain Yoga [All levels] online	Energy Movement online	Body & Brain Yoga [All levels] (In-Studio)
02:30 PM ~ 03:30 PM			Yoga for Seniors online		Yoga for Seniors online		
04:00 PM ~ 05:00 PM				Body & Brain Yoga [All levels] online			
06:00 PM ~ 07:00 PM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] (In-Studio)		Body & Brain Yoga [All levels] (In-Studio)		
06:30 PM ~ 07:40 PM				Body & Brain Yoga [All levels] (In-Studio)		Tai Chi and Qigong (In-Studio)	
07:30 PM ~ 08:30 PM		Body & Brain Yoga [All levels]		Tai Chi and Qigong			

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