

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Secaucus Personal Coaching, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM	Body & Brain Yoga [All levels] in-studio online						
10:00 AM ~ 11:00 AM		Body & Brain Yoga [All levels] in-studio				Body & Brain Yoga for Kids in-studio	
12:30 PM ~ 01:30 PM			Body & Brain Yoga [All levels] online	Yoga and Qigong online	Yoga and Qigong online		