

# WEEKLY SCHEDULE

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

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Yoga and Qigong <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Yoga and Qigong <a href="#">online</a>	Yoga and Qigong <a href="#">online</a>	Yoga and Qigong <a href="#">online</a>	
11:00 AM ~ 12:00 PM							Body & Brain Yoga [All levels] <a href="#">online</a>
11:30 AM ~ 12:30 PM			Body & Brain Yoga [All levels] (In-Studio)				
09:00 PM ~ 10:00 PM						Meditation <a href="#">online</a>	