

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Springfield, VA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM							Yoga and Tai Chi in-studio online
10:30 AM ~ 11:30 AM		Core Strengthening in-studio online		Body & Brain Yoga [All levels] in-studio online		Energy Movement online	
12:00 PM ~ 01:00 PM							
01:00 PM ~ 02:00 PM			Yoga for Seniors online		Meditation online		Yoga and Tai Chi online
05:00 PM ~ 06:00 PM							
06:00 PM ~ 07:00 PM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement in-studio online	
06:30 PM ~ 07:30 PM			Body & Brain Yoga [All levels] in-studio online		Tai Chi and Qigong in-studio online		
07:00 PM ~ 08:00 PM		Core Strengthening		Tai Chi and Qigong		Energy Movement	

	SUN	online MON	TUE	online WED	THU	online FRI	SAT
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