

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Syosset, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Yoga and Qigong in-studio online		Tai Chi and Qigong in-studio online		Yoga and Qigong in-studio online	
11:30 AM ~ 12:30 PM					Tai Chi and Qigong in-studio online		
02:30 PM ~ 03:30 PM			Yoga for Seniors in-studio online		Yoga for Seniors in-studio online		
04:30 PM ~ 05:30 PM		Yoga for Seniors in-studio online		Tai Chi and Qigong in-studio online		Yoga for Seniors in-studio online	
06:00 PM ~ 06:45 PM							