

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Wayne, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:00 AM</b>			Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online		Energy Movement in-studio online	Open Class in-studio online
<b>12:00 PM ~ 01:00 PM</b>					Tai Chi and Qigong in-studio online		Tai Chi and Qigong in-studio online
<b>06:30 PM ~ 07:30 PM</b>			Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online		