WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Miami, FL

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