

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Ramsey, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:40 AM						Yoga and Qigong in-studio online	
10:00 AM ~ 11:05 AM			Tai Chi online				
06:00 PM ~ 07:10 PM				Tai Chi in-studio online			