## **WEEKLY SCHEDULE**

## **Body & Brain Yoga Tai chi, Secaucus Personal Coaching, NJ**

	SUN	MON	TUE	WED	THU	FRI	SAT
12:00 PM ~ 01:00 PM		Yoga and Qigong		Yoga and Qigong	Yoga and Qigong	Yoga and Qigong	
		online		online	online	online	