

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, New City, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM	Yoga and Qigong online			Tai Chi and Qigong online			Yoga and Tai Chi online
10:00 AM ~ 11:00 AM				Tai Chi and Qigong in-studio			
10:30 AM ~ 11:30 AM					Yoga and Tai Chi online		
01:00 PM ~ 02:00 PM							Yoga and Qigong online
05:30 PM ~ 06:30 PM						Tai Chi and Qigong in-studio	
05:30 PM ~ 06:30 PM					Tai Chi and Qigong online	Tai Chi and Qigong online	
07:00 PM ~ 08:00 PM				Tai Chi and Qigong online			
07:00 PM ~ 08:00 PM				Tai Chi and Qigong			

				in-studio			
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