

# 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	Yoga and Qigong in-studio online		Tai Chi and Qigong in-studio online			Yoga and Tai Chi in-studio online
10:30 AM ~ 11:30 AM					Yoga and Tai Chi online		
12:00 PM ~ 01:00 PM	Yoga and Qigong in-studio						
01:00 PM ~ 02:00 PM							Yoga and Qigong online
07:00 PM ~ 08:00 PM		Yoga and Qigong in-studio online		Tai Chi and Qigong in-studio online			