

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Arlington, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:50 AM ~ 11:10 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] in-studio online	Tai Chi in-studio online	Energy Movement in-studio online	Body & Brain Yoga [All levels] in-studio online
11:50 AM ~ 01:10 PM		Core Strengthening online	Self Healing with Wooden Pillow in-studio	Tai Chi and Qigong online			
01:00 PM ~ 02:00 PM			Chair Yoga online		Meditation online		Yoga and Tai Chi online
04:20 PM ~ 05:40 PM			Tai Chi and Qigong in-studio		Body & Brain Yoga [All levels] in-studio		
06:20 PM ~ 07:40 PM		Core Strengthening in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio	Tai Chi and Qigong in-studio online	Energy Movement online	
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
09:00 PM ~ 10:00 PM					Body & Brain Yoga [All levels] online		

