

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Birdroad, FL

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:10 AM	Tai Chi in-studio online	Body & Brain Yoga [All levels] in-studio	Tai Chi in-studio	Body & Brain Yoga [All levels] in-studio		Energy Movement in-studio	Body & Brain Yoga [All levels] in-studio
06:00 PM ~ 07:10 PM		Core Strengthening in-studio	Tai Chi in-studio	Body & Brain Yoga [All levels] in-studio online		Energy Movement in-studio	
07:30 PM ~ 08:30 PM		Core Strengthening in-studio		Body & Brain Yoga [All levels] in-studio			