

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Decatur, GA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>07:30 AM ~ 08:45 AM</b>			Yoga and Qigong <a href="#">online</a>		Yoga and Qigong <a href="#">online</a>		
<b>10:00 AM ~ 11:15 AM</b>	Yoga and Qigong <a href="#">online</a>				Yoga and Qigong <a href="#">online</a>	Yoga and Qigong <a href="#">online</a>	
<b>10:00 AM ~ 11:15 AM</b>		Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>	Yoga and Qigong <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>	Energy Movement <a href="#">in-studio</a>		Yoga and Qigong <a href="#">in-studio</a> <a href="#">online</a>
<b>01:00 PM ~ 02:00 PM</b>			Yoga for Seniors <a href="#">online</a>		Meditation <a href="#">online</a>		Yoga and Qigong <a href="#">online</a>
<b>06:30 PM ~ 07:45 PM</b>		Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>	Yoga and Qigong <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi and Qigong <a href="#">in-studio</a>	Energy Movement <a href="#">in-studio</a> <a href="#">online</a>		
<b>07:00 PM ~ 08:00 PM</b>		Core Strengthening <a href="#">online</a>		Tai Chi and Qigong <a href="#">online</a>		Energy Movement <a href="#">online</a>	
<b>09:00 PM ~ 10:00 PM</b>					Yoga and Qigong <a href="#">online</a>		

