

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Forest Hills, NY

|                            | SUN                          | MON                             | TUE                             | WED                             | THU                       | FRI                          | SAT                             |
|----------------------------|------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------|------------------------------|---------------------------------|
| <b>07:30 AM ~ 08:30 AM</b> |                              |                                 | Yoga and Qigong<br>online       |                                 | Yoga and Qigong<br>online |                              |                                 |
| <b>09:00 AM ~ 10:00 AM</b> |                              |                                 |                                 |                                 |                           |                              | Tai Chi and Qigong<br>in-studio |
| <b>10:00 AM ~ 11:00 AM</b> | Yoga and Qigong<br>online    | Core Strengthening<br>online    | Yoga and Qigong<br>online       | Tai Chi and Qigong<br>online    | Yoga and Qigong<br>online | Yoga and Qigong<br>online    | Yoga and Qigong<br>online       |
| <b>10:00 AM ~ 11:00 AM</b> | Yoga and Qigong<br>in-studio | Core Strengthening<br>in-studio | Tai Chi and Qigong<br>in-studio | Tai Chi and Qigong<br>in-studio |                           | Energy Movement<br>in-studio |                                 |
| <b>11:00 AM ~ 12:00 PM</b> |                              |                                 |                                 |                                 |                           |                              | Yoga and Qigong<br>in-studio    |
| <b>01:00 PM ~ 02:00 PM</b> |                              |                                 | Chair Yoga<br>online            |                                 | Energy Movement<br>online |                              | Yoga and Qigong<br>online       |
| <b>06:00 PM ~ 07:00 PM</b> |                              | Core Strengthening<br>in-studio | Tai Chi and Qigong<br>in-studio | Yoga and Qigong<br>in-studio    |                           | Energy Movement<br>in-studio |                                 |
| <b>06:30 PM ~ 07:30 PM</b> |                              |                                 | Yoga and Qigong<br>online       |                                 | Yoga and Qigong<br>online |                              |                                 |

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|----------------------------|--|-------------------------------------------------|--|-------------------------------------------------|-------------------------------------------|-------------------------------------------|--|
|                            |  |                                                 |  |                                                 |                                           |                                           |  |
| <b>07:00 PM ~ 08:00 PM</b> |  | Core<br>Strengthening<br><a href="#">online</a> |  | Tai Chi and<br>Qigong<br><a href="#">online</a> |                                           | Energy Movement<br><a href="#">online</a> |  |
| <b>09:00 PM ~ 10:00 PM</b> |  |                                                 |  |                                                 | Yoga and Qigong<br><a href="#">online</a> |                                           |  |