

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Kew Gardens Hills, NY

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