

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Lynbrook, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Core Strengthening in-studio	Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio		Energy Movement in-studio	Body & Brain Yoga [All levels] in-studio
04:30 PM ~ 05:30 PM			Tai Chi and Qigong in-studio				
06:00 PM ~ 07:00 PM		Core Strengthening in-studio		Body & Brain Yoga [All levels] in-studio			