

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, North Merrick, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:30 AM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
09:00 AM ~ 10:00 AM		Core Strengthening in-studio		Body & Brain Yoga [All levels] in-studio			Body & Brain Yoga [All levels] in-studio
10:00 AM ~ 11:00 AM	Body & Brain Yoga [All levels] in-studio	Core Strengthening online	Tai Chi and Qigong in-studio	Tai Chi and Qigong online	Body & Brain Yoga [All levels] in-studio	Energy Movement in-studio	Body & Brain Yoga [All levels] online
11:00 AM ~ 12:00 PM		Yoga for Seniors in-studio		Yoga for Seniors in-studio			Tai Chi and Qigong in-studio
06:15 PM ~ 07:15 PM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio		Energy Movement in-studio	