

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, North Potomac, MD

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM							Body & Brain Yoga [All levels] in-studio online
10:00 AM ~ 11:00 AM		Core Strengthening online	Body & Brain Yoga [All levels] online	Yoga and Tai Chi online		Body & Brain Yoga [All levels] online	
10:30 AM ~ 11:30 AM							Tai Chi and Qigong in-studio
12:00 PM ~ 01:00 PM			Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio		
01:00 PM ~ 02:00 PM			Chair Yoga online		Meditation online		
06:00 PM ~ 07:00 PM				Body & Brain Yoga [All levels] in-studio			
06:30 PM ~ 07:30 PM			Body & Brain Yoga [All levels] in-studio online		Tai Chi and Qigong in-studio		
					Yoga and Tai Chi		

06:30 PM ~ 07:30 PM					online		
07:00 PM ~ 08:00 PM		Core Strengthening online		Yoga and Tai Chi online		Energy Movement online	