

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Rockville Centre, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio	Energy Movement in-studio	Tai Chi and Qigong in-studio online
01:00 PM ~ 02:00 PM				Chair Yoga in-studio			
06:15 PM ~ 07:15 PM		Core Strengthening in-studio	Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio		Energy Movement in-studio	