

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Forest Hills, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:30 AM			Yoga and Qigong online		Yoga and Qigong online		
09:00 AM ~ 10:00 AM							Tai Chi and Qigong in-studio
10:00 AM ~ 11:00 AM	Yoga and Qigong online	Core Strengthening online	Yoga and Qigong online	Tai Chi and Qigong online	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online
10:00 AM ~ 11:00 AM	Yoga and Qigong in-studio	Core Strengthening in-studio	Tai Chi and Qigong in-studio	Tai Chi and Qigong in-studio		Energy Movement in-studio	
11:00 AM ~ 12:00 PM							Body & Brain Yoga [All levels] in-studio
01:00 PM ~ 02:00 PM			Chair Yoga online		Energy Movement online		Yoga and Qigong online
06:00 PM ~ 07:00 PM		Core Strengthening in-studio	Tai Chi and Qigong in-studio	Yoga and Qigong in-studio		Energy Movement in-studio	
06:30 PM ~ 07:30 PM			Yoga and Qigong		Yoga and Qigong		

			online		online		
07:00 PM ~ 08:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
09:00 PM ~ 10:00 PM					Yoga and Qigong online		