



ON-SITE Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:20 - 10:40am	Yoga & Taichi	CLOSED					
5:50 - 7:10pm	Yoga & Taichi	Yoga & Taichi	Yoga & Taichi	Yoga & Taichi			

ONLINE Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20 - 6:30am		Body & Brain Yoga		Body & Brain Yoga			
6:50 - 8:10am		Body & Brain Yoga		Body & Brain Yoga			
7:50 - 9:10am	Core & Gut Health	Body & Brain Yoga	Taichi / Qigong	Body & Brain Yoga	Body & Brain Yoga	Body & Brain Yoga	Body & Brain Yoga
9:20 - 10:40am		Body & Brain Yoga			Rhythm & Vibration		
10:50am - 12pm		Chair Yoga		Breathwork & Meditation		Yoga & Taichi / Qigong	
11:50 - 1pm	Senior Yoga		Senior Taichi		Senior Taichi		
4:20 - 5:30pm				Body & Brain Yoga			
4:50 - 6pm	Core & Gut Health		Taichi / Qigong		Rhythm & Vibration		
6:50 - 8pm				Body & Brain Yoga			