

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Cottonwood (Albuquerque NW), NM

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM					Body & Brain Yoga [All levels] in-studio online		
08:00 AM ~ 09:00 AM		Core Strengthening online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online		Body & Brain Yoga [All levels] online	
10:00 AM ~ 11:00 AM		Body & Brain Yoga [All levels] in-studio		Tai Chi in-studio online		Energy Movement in-studio online	Body & Brain Yoga [All levels] in-studio online
11:00 AM ~ 00:00 AM			Chair Yoga online		Meditation online		Yoga and Tai Chi online
12:00 PM ~ 01:00 PM	Yoga and Qigong in-studio online		Core Strengthening in-studio online				Tai Chi and Qigong in-studio online
05:00 PM ~ 06:00 PM		Core Strengthening online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong online		Energy Movement online	
06:00 PM ~ 07:00 PM		Body & Brain Yoga [All levels] in-studio online		Tai Chi in-studio online		Energy Movement in-studio online	
					Body & Brain Yoga		

07:00 PM ~ 08:00 PM					[All levels]		
					online		