

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Garden Grove, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Body & Brain Yoga [All levels] in-studio	Core Strengthening in-studio	Energy Movement in-studio		Meditation in-studio	Body & Brain Yoga [All levels] in-studio
06:00 PM ~ 07:00 PM		Body & Brain Yoga [All levels] in-studio		Energy Movement in-studio		Body & Brain Yoga [All levels] in-studio	