WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Houston, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM		Core Strengthening online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online	
10:30 AM ~ 11:40 AM		Core Strengthening in-studio online.	Tai Chi in-studio	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio online.	Energy Movement in-studio online.	Body & Brain Yoga [All levels] in-studio online.
12:00 PM ~ 01:00 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		Yoga and Qigong online
06:00 PM ~ 07:10 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
06:30 PM ~ 07:40 PM		Core Strengthening in-studio online.	Tai Chi in-studio	Body & Brain Yoga [All levels] in-studio online.	Tai Chi and Qigong in-studio online.	Energy Movement in-studio online.	
09:00 PM ~ 10:10 PM					Body & Brain Yoga [All levels] online		