

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Wedgwood, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM		Core Strengthening online	Self Healing with Wooden Pillow online	Tai Chi and Qigong online		Body & Brain Yoga [All levels] online	
09:15 AM ~ 10:30 AM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio	Energy Movement in-studio	Body & Brain Yoga [All levels] in-studio
09:30 AM ~ 10:45 AM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	Body & Brain Yoga [All levels] online
10:00 AM ~ 11:00 AM			Yoga for Seniors online		Meditation online		Body & Brain Yoga [All levels] online
10:30 AM ~ 11:45 AM			Body & Brain Yoga [All levels] online		Tai Chi and Qigong online		
11:00 AM ~ 12:15 PM		Self Healing with Wooden Pillow in-studio		Self Healing with Wooden Pillow in-studio			Tai Chi and Qigong in-studio
03:00 PM ~ 04:00 PM	Tai Chi and Qigong in-studio			Yoga for Young Adults in-studio			
		Core		Tai Chi and			

04:00 PM ~ 05:00 PM		Strengthening online		Qigong online		Energy Movement online	
05:45 PM ~ 07:00 PM		Core Strengthening online		Body & Brain Yoga [All levels] online			
06:00 PM ~ 07:00 PM		Body & Brain Yoga [All levels] in-studio	Body & Brain Yoga [All levels] in-studio		Tai Chi and Qigong in-studio	Energy Movement in-studio	
06:30 PM ~ 07:45 PM			Body & Brain Yoga [All levels] in-studio		Tai Chi and Qigong online		