

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Scottsdale Airpark, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:00 AM ~ 10:00 AM</b>			Tai Chi and Qigong <a href="#">online</a>				Body & Brain Yoga [All levels] <a href="#">online</a>
<b>09:00 AM ~ 10:00 AM</b>		Core Strengthening <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Energy Movement <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>
<b>10:30 AM ~ 11:30 AM</b>		Core Strengthening <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Energy Movement <a href="#">online</a>	
<b>05:00 PM ~ 06:00 PM</b>		Core Strengthening <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Energy Movement <a href="#">online</a>	
<b>05:00 PM ~ 06:00 PM</b>		Tai Chi and Qigong <a href="#">online</a>					
<b>07:00 PM ~ 08:00 PM</b>		Core Strengthening <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Energy Movement <a href="#">online</a>	