

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Montecito, NV

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:10 AM			Body & Brain Yoga (All levels)		Tai Chi and Ki gong		
08:30 AM ~ 09:15 AM		Core Strengthening					
09:00 AM ~ 10:10 AM							Body & Brain Yoga (All levels)
10:00 AM ~ 11:10 AM	Open Class	Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Energy Movement	
06:00 PM ~ 07:10 PM		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	
06:30 PM ~ 07:40 PM			Body & Brain Yoga (All levels)		Tai Chi and Ki gong		