

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Manteca, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:30 AM			Core Strengthening online		Body & Brain Yoga [All levels] online		
10:00 AM ~ 11:00 AM							Self Healing with Wooden Pillow online
11:00 AM ~ 12:00 PM				Tai Chi online		Energy Movement online	
06:00 PM ~ 07:00 PM			Core Strengthening online		Body & Brain Yoga [All levels] online		
07:00 PM ~ 08:00 PM		Body & Brain Yoga [All levels] online		Tai Chi online		Energy Movement online	