

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, West Linn, OR

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:30 AM		Core Strengthening online		Body & Brain Yoga [All levels] online		Yoga and Qigong online	
09:00 AM ~ 10:00 AM			Body & Brain Yoga [All levels] online		Tai Chi and Qigong online		Yoga and Qigong online
10:00 AM ~ 11:00 AM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	
05:45 PM ~ 06:45 PM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	
06:45 PM ~ 07:45 PM			Body & Brain Yoga [All levels] online		Tai Chi and Qigong online		