

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, The Woodlands, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:40 AM		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	
10:30 AM ~ 11:40 AM							Body & Brain Yoga (All levels)
12:00 PM ~ 01:10 PM			Tai Chi and Ki gong		Yoga for Seniors		
05:30 PM ~ 06:40 PM		Core Strengthening			Body & Brain Yoga (All levels)	Energy Movement	
06:30 PM ~ 07:40 PM			Tai Chi and Ki gong	Body & Brain Yoga (All levels)			