

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Cerritos, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:10 AM		Self Healing with Wooden Pillow in-studio online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online	Core Strengthening in-studio online	Energy Movement in-studio online	
10:30 AM ~ 11:40 AM							Body & Brain Yoga [All levels] in-studio online
06:00 PM ~ 07:10 PM		Self Healing with Wooden Pillow in-studio online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	
07:30 PM ~ 08:40 PM		Self Healing with Wooden Pillow in-studio online		Body & Brain Yoga [All levels] in-studio online			