

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Cerritos, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Core Strengthening (Online)	Tai Chi and Qigong (Online)	Body & Brain Yoga [All levels] (Online)	Meditation (Online)	Energy Movement (Online)	Body & Brain Yoga [All levels] (Online)
04:00 PM ~ 05:00 PM					'Power Brain' Yoga for Kids (Online)		
06:00 PM ~ 07:00 PM		Core Strengthening (Online)	Tai Chi and Qigong (Online)	Body & Brain Yoga [All levels] (Online)	Tai Chi and Qigong (Online)	Energy Movement (Online)	
07:30 PM ~ 08:30 PM		Core Strengthening (Online)		Body & Brain Yoga [All levels] (Online)			