

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Golden, CO

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>07:00 AM ~ 08:00 AM</b>			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		Open Class
<b>08:30 AM ~ 09:30 AM</b>							Body & Brain Yoga (All levels)
<b>09:00 AM ~ 10:00 AM</b>		Core Strengthening	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Body & Brain Yoga (All levels)	Energy Movement	
<b>10:00 AM ~ 11:00 AM</b>							Tai Chi and Ki gong
<b>12:00 PM ~ 01:00 PM</b>		Yoga for Seniors		Tai Chi and Ki gong		Tai Chi and Ki gong	
<b>05:30 PM ~ 06:30 PM</b>			Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Core Strengthening		
<b>06:00 PM ~ 07:00 PM</b>		Tai Chi and Ki gong					
<b>07:00 PM ~ 08:00 PM</b>			Open Class		Open Class		

