

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Katy, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	Body & Brain Yoga [All levels] online
10:30 AM ~ 11:40 AM		Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong online	Tai Chi and Qigong in-studio online	Core Strengthening online	Energy Movement online	Body & Brain Yoga [All levels] in-studio online
01:00 PM ~ 02:00 PM			Yoga for Seniors online				
06:00 PM ~ 07:10 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
06:30 PM ~ 07:40 PM		Core Strengthening online		Tai Chi online		Energy Movement online	
07:30 PM ~ 08:40 PM			Body & Brain Yoga [All levels] online		Tai Chi online		