

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Katy, TX

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