

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Lakewood, CO

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:40 AM		Core Strengthening	Body & Brain Yoga (All levels)	Tai Chi	Body & Brain Yoga (All levels)	Energy Movement	Tai Chi and Ki gong
04:30 PM ~ 05:45 PM		Core Strengthening		Tai Chi		Energy Movement	
06:00 PM ~ 07:10 PM		Core Strengthening	Body & Brain Yoga (All levels)	Tai Chi	Body & Brain Yoga (All levels)		