

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Burbank, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM			Body & Brain Yoga [All levels] <a href="#">online</a>		Tai Chi and Qigong <a href="#">online</a>	Energy Movement <a href="#">online</a>	
10:00 AM ~ 11:00 AM		Core Strengthening <a href="#">online</a>		Self Healing with Wooden Pillow <a href="#">online</a>			
10:30 AM ~ 11:30 AM							Body & Brain Yoga [All levels] <a href="#">online</a>
06:00 PM ~ 07:00 PM		Core Strengthening <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Self Healing with Wooden Pillow <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Energy Movement <a href="#">online</a>	
07:30 PM ~ 08:30 PM					Tai Chi and Qigong <a href="#">online</a>		