

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Cambridge, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:10 AM			Energy Movement	Body & Brain Yoga (All levels)		Core Strengthening	Body & Brain Yoga (All levels)
12:00 PM ~ 01:10 PM		Core Strengthening	Body & Brain Yoga (All levels)		Tai Chi and Ki gong	Energy Movement	Tai Chi and Ki gong
04:30 PM ~ 05:30 PM		Tai Chi and Ki gong		Tai Chi and Ki gong			
06:30 PM ~ 07:40 PM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Energy Movement	