

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Copperfield, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:05 AM</b>			Tai Chi and Ki gong		Body & Brain Yoga (All levels)		
<b>10:30 AM ~ 11:35 AM</b>		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	Body & Brain Yoga (All levels)
<b>06:30 PM ~ 07:35 PM</b>		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	
<b>07:00 PM ~ 08:05 PM</b>			Tai Chi and Ki gong		Body & Brain Yoga (All levels)		