

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Missouri City, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:30 AM ~ 10:30 AM</b>		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	
<b>10:00 AM ~ 11:00 AM</b>			Body & Brain Yoga (All levels)		Tai Chi and Ki gong		Body & Brain Yoga (All levels)
<b>11:00 AM ~ 12:00 PM</b>				Body & Brain Yoga (All levels)		Energy Movement	
<b>06:30 PM ~ 07:30 PM</b>		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	
<b>07:00 PM ~ 08:00 PM</b>			Body & Brain Yoga (All levels)		Tai Chi and Ki gong		