

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Aiea, HI

	SUN	MON	TUE	WED	THU	FRI	SAT
06:00 AM ~ 07:10 AM				Body & Brain Yoga (All levels)		Energy Movement	
08:00 AM ~ 09:10 AM		Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)				Open Class
10:00 AM ~ 11:10 AM		Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Energy Movement	Open Class
05:30 PM ~ 06:40 PM		Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)			
06:00 PM ~ 07:10 PM			Body & Brain Yoga (All levels)		Tai Chi and Ki gong	Energy Movement	