

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Aspen Hill, MD

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Core Strengthening					
10:00 AM ~ 11:00 AM			Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Energy Movement	Body & Brain Yoga (All levels)
12:00 PM ~ 01:00 PM				Body & Brain Yoga (All levels)		Energy Movement	
12:00 PM ~ 01:00 PM		Core Strengthening					
06:00 PM ~ 07:00 PM		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	
07:00 PM ~ 08:00 PM			Body & Brain Yoga (All levels)		Tai Chi and Ki gong		