

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Everett, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:45 AM		Core Strengthening		Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)	Energy Movement
10:30 AM ~ 11:45 AM			Body & Brain Yoga (All levels)		Tai Chi		
04:00 PM ~ 05:00 PM				'Power Brain' Yoga for Kids			
04:15 PM ~ 05:30 PM			Tai Chi			Body & Brain Yoga (All levels)	
05:45 PM ~ 07:00 PM		Core Strengthening		Body & Brain Yoga (All levels)			
07:00 PM ~ 08:15 PM			Body & Brain Yoga (All levels)		Tai Chi		