

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Pinecrest, FL

	SUN	MON	TUE	WED	THU	FRI	SAT
06:00 AM ~ 07:10 AM						Meditation	
10:00 AM ~ 11:10 AM	Tai Chi	Core Strengthening	Tai Chi	Body & Brain Yoga (All levels)		Energy Movement	Body & Brain Yoga (All levels)
06:00 PM ~ 07:10 PM		Core Strengthening	Tai Chi	Body & Brain Yoga (All levels)		Energy Movement	
07:30 PM ~ 08:45 PM		Core Strengthening		Body & Brain Yoga (All levels)			