

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Valley, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM							Tai Chi
09:30 AM ~ 10:40 AM		Core Strengthening	Body & Brain Yoga (All levels)	Self Healing with Wooden Pillow	Tai Chi	Energy Movement	
10:30 AM ~ 11:40 AM							Body & Brain Yoga (All levels)
01:00 PM ~ 02:00 PM							'Power Brain' Yoga for Kids
06:00 PM ~ 07:10 PM		Core Strengthening				Energy Movement	
06:30 PM ~ 07:40 PM			Body & Brain Yoga (All levels)	Self Healing with Wooden Pillow	Tai Chi		
07:30 PM ~ 08:40 PM		Core Strengthening					