

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Brea, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:00 AM ~ 10:00 AM</b>	Yoga and Ki-gong	Core Strengthening	Tai Chi and Ki gong	Self Healing with Wooden Pillow	Tai Chi and Ki gong		Yoga and Ki-gong
<b>10:30 AM ~ 11:30 AM</b>							Tai Chi and Ki gong
<b>11:00 AM ~ 12:00 PM</b>						Energy Movement	
<b>02:00 PM ~ 02:45 PM</b>							'Power Brain' Yoga for Kids
<b>05:00 PM ~ 05:45 PM</b>					'Power Brain' Yoga for Kids		
<b>06:00 PM ~ 07:00 PM</b>		Core Strengthening	Tai Chi and Ki gong	Body & Brain Yoga (All levels)	Tai Chi and Ki gong		
<b>06:30 PM ~ 07:30 PM</b>						Energy Movement	
<b>07:30 PM ~ 08:30 PM</b>			Tai Chi and Ki gong		Body & Brain Yoga (All levels)		

