

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Madison Park, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:20 AM ~ 10:35 AM		Core Strengthening	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Energy Movement	Tai Chi and Ki gong	Body & Brain Yoga (All levels)
06:20 PM ~ 07:35 PM			Tai Chi and Ki gong	Body & Brain Yoga (All levels)	Tai Chi and Ki gong		
07:20 PM ~ 08:35 PM		Body & Brain Yoga (All levels)					