

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Decatur, GA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:15 AM		Core Strengthening	Body & Brain Yoga (All levels)	Tai Chi	Body & Brain Yoga (All levels)	Energy Movement	Body & Brain Yoga (All levels)
02:00 PM ~ 03:30 PM	Body & Brain Yoga (All levels)						
06:30 PM ~ 07:45 PM		Core Strengthening	Body & Brain Yoga (All levels)	Tai Chi	Body & Brain Yoga (All levels)	Energy Movement	