

# WEEKLY SCHEDULE

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

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:00 AM</b>		Core Strengthening <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>		Energy Movement <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>
<b>05:30 PM ~ 06:30 PM</b>			Energy Movement (In-Studio)		Tai Chi (In-Studio)		
<b>06:00 PM ~ 07:00 PM</b>		Core Strengthening <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Tai Chi <a href="#">online</a>	Energy Movement <a href="#">online</a>	
<b>07:45 PM ~ 08:45 PM</b>		Core Strengthening <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>			