

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Bethany, OR

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:10 AM		Core Strengthening online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Energy Movement online	Body & Brain Yoga [All levels] online
06:00 PM ~ 07:10 PM		Core Strengthening online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Energy Movement online	