

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Kirkland, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM			Body & Brain Yoga (All levels)		Tai Chi and Ki gong		
09:30 AM ~ 10:40 AM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Energy Movement	Body & Brain Yoga (All levels)
12:00 PM ~ 01:10 PM			Body & Brain Yoga (All levels)				
06:00 PM ~ 07:10 PM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Energy Movement	
07:30 PM ~ 08:40 PM		Core Strengthening					