

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Tacoma, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:15 AM ~ 10:30 AM	Tai Chi and Qigong online	Core Strengthening online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Energy Movement online	Body & Brain Yoga [All levels] online
06:00 PM ~ 07:15 PM		Core Strengthening online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Energy Movement online	