

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Westpark, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM		Core Strengthening		Body & Brain Yoga (All levels)			Body & Brain Yoga (All levels)
10:30 AM ~ 11:40 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)
05:20 PM ~ 06:30 PM			Body & Brain Yoga (All levels)		Tai Chi and Ki gong		
06:30 PM ~ 07:40 PM		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	
07:30 PM ~ 08:40 PM			Tai Chi and Ki gong		Tai Chi and Ki gong		