

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Glendale, AZ

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