

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Santa Clara, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:30 AM							'Power Brain' Yoga for Kids
10:00 AM ~ 11:00 AM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)		Energy Movement	Body & Brain Yoga (All levels)
11:30 AM ~ 12:30 PM					Tai Chi		
06:00 PM ~ 07:00 PM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi	Energy Movement	
08:00 PM ~ 09:00 PM		Core Strengthening		Body & Brain Yoga (All levels)			