WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Flamingo, NV

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM		Core Strengthening online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online		Body & Brain Yoga [All levels] online	
10:00 AM ~ 11:10 AM		Self Healing with Wooden Pillow in-studio online.	Tai Chi in-studio	Body & Brain Yoga [All levels] in-studio online.	Tai Chi in-studio	Energy Movement in-studio online.	Body & Brain Yoga [All levels] in-studio online.
05:30 PM ~ 06:40 PM		Self Healing with Wooden Pillow in-studio		Tai Chi in-studio			
06:00 PM ~ 07:10 PM			Body & Brain Yoga [All levels] in-studio		Body & Brain Yoga [All levels] in-studio	Tai Chi in-studio	