

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Garden Grove, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Body & Brain Yoga [All levels] online		Energy Movement online		Meditation online	Energy Movement online
06:00 PM ~ 07:00 PM		Body & Brain Yoga [All levels] online		Energy Movement online		Meditation online	