

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Minnetonka, MN

	SUN	MON	TUE	WED	THU	FRI	SAT
07:20 AM ~ 08:30 AM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		
09:30 AM ~ 10:40 AM		Core Strengthening	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Body & Brain Yoga (All levels)	Energy Movement	Body & Brain Yoga (All levels)
05:00 PM ~ 06:10 PM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		
06:00 PM ~ 07:10 PM		Core Strengthening				Energy Movement	
06:50 PM ~ 08:00 PM			Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Body & Brain Yoga (All levels)		