

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Prescott, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:30 AM ~ 10:40 AM</b>		Core Strengthening in-studio online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	
<b>04:30 PM ~ 05:40 PM</b>		Core Strengthening in-studio online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	