

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Aiea, HI

	SUN	MON	TUE	WED	THU	FRI	SAT
08:00 AM ~ 09:00 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online	Energy Movement online	Body & Brain Yoga [All levels] online
10:00 AM ~ 11:00 AM		Core Strengthening in-studio		Tai Chi and Qigong in-studio		Energy Movement in-studio	
06:00 PM ~ 07:00 PM		Core Strengthening online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] in-studio online		