

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Albuquerque, NM

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM					Body & Brain Yoga [All levels] in-studio online.		
10:00 AM ~ 11:00 AM		Body & Brain Yoga [All levels] in-studio online.		Tai Chi in-studio online.		Energy Movement in-studio online.	Body & Brain Yoga [All levels] in-studio online.
12:00 PM ~ 01:00 PM			Body & Brain Yoga [All levels] in-studio online.		Tai Chi in-studio online.		Tai Chi in-studio online.
05:00 PM ~ 06:00 PM			Body & Brain Yoga [All levels] in-studio online.		Body & Brain Yoga [All levels] in-studio online.		
06:00 PM ~ 07:00 PM		Body & Brain Yoga [All levels] in-studio online.		Tai Chi in-studio online.		Energy Movement in-studio online.	
07:00 PM ~ 08:00 PM							