

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Belt Line (DFW area), TX

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio
06:30 PM ~ 07:30 PM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio	