

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Maple Grove, MN

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:40 AM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi	Energy Movement	Body & Brain Yoga (All levels)
12:00 PM ~ 01:10 PM	Body & Brain Yoga (All levels)						
05:00 PM ~ 06:10 PM				Body & Brain Yoga (All levels)			
06:00 PM ~ 07:10 PM		Core Strengthening			Tai Chi and Ki gong	Energy Movement	
06:30 PM ~ 07:40 PM			Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)			