

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Marietta, GA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:15 AM		Core Strengthening	Yoga and Ki-gong	Tai Chi and Ki gong	Yoga and Ki-gong	Energy Movement	Yoga and Ki-gong
06:00 PM ~ 07:15 PM		Core Strengthening				Energy Movement	
06:30 PM ~ 07:45 PM			Yoga and Ki-gong	Tai Chi and Ki gong	Yoga and Ki-gong		