

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Wilshire, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:40 AM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	
10:00 AM ~ 11:30 AM		Core Strengthening online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Energy Movement online	Yoga and Qigong online
04:30 PM ~ 05:40 PM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
06:15 PM ~ 07:20 PM		Core Strengthening online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Energy Movement online	
07:30 PM ~ 08:40 PM		Core Strengthening online		Body & Brain Yoga [All levels] online		Energy Movement online	