

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Littleton, CO

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:40 AM							Body & Brain Yoga (All levels)
08:30 AM ~ 09:40 AM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Energy Movement	
09:00 AM ~ 10:10 AM							Body & Brain Yoga (All levels)
10:00 AM ~ 11:10 AM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		
12:00 PM ~ 01:10 PM						Energy Movement	
04:30 PM ~ 05:40 PM		Tai Chi		Body & Brain Yoga (All levels)			
06:15 PM ~ 07:25 PM		Core Strengthening	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Tai Chi		