

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Cerritos, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:10 AM</b>		Self Healing with Wooden Pillow <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>	Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>	Energy Movement <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>
<b>06:00 PM ~ 07:10 PM</b>		Self Healing with Wooden Pillow <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>	Energy Movement <a href="#">in-studio</a> <a href="#">online</a>	
<b>07:30 PM ~ 08:40 PM</b>		Self Healing with Wooden Pillow <a href="#">in-studio</a> <a href="#">online</a>					