

# WEEKLY SCHEDULE

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

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM	Yoga and Tai Chi online						
09:30 AM ~ 10:40 AM		Core Strengthening in-studio online	Tai Chi and Qigong in-studio online	Self Healing with Wooden Pillow in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	Yoga and Tai Chi in-studio online
06:00 PM ~ 07:10 PM		Core Strengthening in-studio online	Tai Chi and Qigong in-studio online	Self Healing with Wooden Pillow in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	