

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Champion, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
10:30 AM ~ 11:40 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	Body & Brain Yoga [All levels] in-studio online
12:00 PM ~ 01:00 PM			Yoga for Seniors online				
05:30 PM ~ 06:40 PM		Core Strengthening (In-Studio)				Energy Movement (In-Studio)	
06:00 PM ~ 07:10 PM			Body & Brain Yoga [All levels] in-studio online		Tai Chi and Qigong in-studio online		
06:30 PM ~ 07:40 PM		Core Strengthening online		Tai Chi in-studio online		Energy Movement online	