

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Conroe, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:00 AM ~ 10:10 AM</b>		Core Strengthening <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>	
<b>09:30 AM ~ 11:00 AM</b>			Body & Brain Yoga [All levels] (In-Studio)				
<b>10:30 AM ~ 11:40 AM</b>		Core Strengthening <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Body & Brain Yoga [All levels] (In-Studio)	Tai Chi (In-Studio)	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>12:00 PM ~ 01:00 PM</b>					Meditation <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>
<b>01:00 PM ~ 02:00 PM</b>			Yoga for Seniors (In-Studio)		Tai Chi and Qigong (In-Studio)		
<b>06:00 PM ~ 07:10 PM</b>		Core Strengthening <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Energy Movement <a href="#">online</a>	
<b>06:30 PM ~ 07:40 PM</b>		Core Strengthening <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>			
<b>08:00 PM ~ 09:00 PM</b>					Body & Brain Yoga [All levels]		

	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>online</b> <b>THU</b>	<b>FRI</b>	<b>SAT</b>
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