

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Cottonwood (Albuquerque NW), NM

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM					Body & Brain Yoga [All levels] in-studio online		
08:00 AM ~ 09:00 AM							
10:00 AM ~ 11:00 AM		Core Strengthening in-studio online		Tai Chi and Qigong in-studio online		Energy Movement in-studio online	
10:30 AM ~ 11:30 AM							Yoga and Tai Chi in-studio online
11:00 AM ~ 00:00 AM							
12:00 PM ~ 01:00 PM	Tai Chi and Qigong in-studio online		Body & Brain Yoga [All levels] in-studio online		Body & Brain Yoga [All levels] in-studio online		
05:30 PM ~ 06:30 PM			Body & Brain Yoga [All levels] in-studio online			Energy Movement in-studio online	
06:00 PM ~ 07:00 PM		Body & Brain Yoga [All levels]		Tai Chi and Qigong			

		in-studioonline		in-studioonline			
07:00 PM ~ 08:00 PM							