

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Wedgwood, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:20 AM ~ 10:35 AM</b>		Body & Brain Yoga (All levels)	Core Strengthening	Tai Chi and Ki gong	Body & Brain Yoga (All levels)	Energy Movement	Body & Brain Yoga (All levels)
<b>05:50 PM ~ 07:05 PM</b>		Body & Brain Yoga (All levels)		Core Strengthening	Tai Chi and Ki gong	Tai Chi and Ki gong	
<b>07:30 PM ~ 08:45 PM</b>			Body & Brain Yoga (All levels)				