

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Beaverton, OR

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:00 AM ~ 10:10 AM</b>			Tai Chi		Tai Chi		
<b>10:00 AM ~ 11:10 AM</b>		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	Body & Brain Yoga (All levels)
<b>12:00 PM ~ 01:00 PM</b>			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		
<b>06:00 PM ~ 07:10 PM</b>		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	
<b>07:00 PM ~ 08:10 PM</b>			Tai Chi		Tai Chi		
<b>07:30 PM ~ 09:00 PM</b>		Yoga for Young Adults					