

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Torrance, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>07:00 AM ~ 08:15 AM</b>							
<b>09:00 AM ~ 10:15 AM</b>	Tai Chi and Qigong <a href="#">online</a>						
<b>10:00 AM ~ 11:15 AM</b>		Core Strengthening <a href="#">online</a>	Tai Chi <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Energy Movement <a href="#">online</a>	
<b>10:30 AM ~ 11:45 AM</b>							Body & Brain Yoga [All levels] <a href="#">online</a>
<b>05:30 PM ~ 06:45 PM</b>		Core Strengthening <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>		Energy Movement <a href="#">online</a>	
<b>06:00 PM ~ 07:15 PM</b>			Tai Chi <a href="#">online</a>		Tai Chi and Qigong <a href="#">online</a>		
<b>07:30 PM ~ 08:45 PM</b>		Core Strengthening <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>			

