WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Torrance, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:15 AM							
09:00 AM ~ 10:15 AM	Tai Chi in-studio online						
10:00 AM ~ 11:15 AM		Core Strengthening in-studio online	Tai Chi in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi in-studio online	Energy Movement in-studio online	
10:30 AM ~ 11:45 AM							Body & Brain Yoga [All levels] in-studio online
06:00 PM ~ 07:15 PM		Core Strengthening in-studio online	Tai Chi in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong online	Energy Movement in-studio online	
07:30 PM ~ 08:45 PM		Core Strengthening in-studio online		Body & Brain Yoga [All levels] in-studio online			