

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Tempe, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:40 AM		Body & Brain Yoga (All levels)	Self Healing with Wooden Pillow	Tai Chi	Body & Brain Yoga (All levels)	Energy Movement	Tai Chi
05:30 PM ~ 06:30 PM		Body & Brain Yoga (All levels)		Tai Chi	Body & Brain Yoga (All levels)		
06:00 PM ~ 07:10 PM			Self Healing with Wooden Pillow			Energy Movement	
07:00 PM ~ 08:10 PM		Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)			