

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Pasadena, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Core Strengthening	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Tai Chi and Ki gong	Energy Movement	Yoga and Ki-gong
05:30 PM ~ 06:30 PM						Energy Movement	
06:00 PM ~ 07:00 PM		Core Strengthening	Body & Brain Yoga (All levels)	Tai Chi and Ki gong	Tai Chi and Ki gong		
07:30 PM ~ 08:30 PM		Core Strengthening		Body & Brain Yoga (All levels)			