

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Everett, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:45 AM		Core Strengthening in-studio online		Body & Brain Yoga [All levels] in-studio online		Energy Movement in-studio online	Body & Brain Yoga [All levels] in-studio online
10:30 AM ~ 11:45 AM			Body & Brain Yoga [All levels] in-studio online		Tai Chi and Qigong in-studio online		
04:15 PM ~ 05:30 PM			Tai Chi and Qigong in-studio online			Energy Movement in-studio online	
05:45 PM ~ 07:00 PM		Core Strengthening in-studio online		Body & Brain Yoga [All levels] in-studio online			
07:00 PM ~ 08:15 PM			Body & Brain Yoga [All levels] in-studio online		Tai Chi and Qigong in-studio online		