

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Champion, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:10 AM		Core Strengthening	Tai Chi and Ki gong	Body & Brain Yoga (All levels)	Body & Brain Yoga (All levels)	Energy Movement	Yoga and Ki-gong
05:30 PM ~ 06:40 PM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		
06:30 PM ~ 07:40 PM		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	
07:00 PM ~ 08:30 PM			Meditation		Meditation		