

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Henderson, NV

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>07:00 AM ~ 08:10 AM</b>			Body & Brain Yoga [All levels] <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>		
<b>08:30 AM ~ 09:30 AM</b>		Core Strengthening <a href="#">online</a>				Tai Chi <a href="#">online</a>	
<b>10:00 AM ~ 11:10 AM</b>	Body & Brain Yoga [All levels] <a href="#">online</a>	Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi <a href="#">in-studio</a> <a href="#">online</a>	Energy Movement <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>
<b>01:30 PM ~ 02:40 PM</b>		Body & Brain Yoga [All levels] <a href="#">online</a>		Core Strengthening <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>	
<b>05:30 PM ~ 06:40 PM</b>		Core Strengthening <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>			
<b>06:00 PM ~ 07:10 PM</b>		Core Strengthening (In- Studio)	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] (In- Studio)	Tai Chi <a href="#">in-studio</a> <a href="#">online</a>	Energy Movement <a href="#">in-studio</a> <a href="#">online</a>	