

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Fremont, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:30 AM		Core Strengthening in-studio online		Tai Chi and Qigong in-studio online	Meditation & Stretching in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online
12:00 PM ~ 01:00 PM			Chair Yoga online		Chair Yoga online		
05:30 PM ~ 06:30 PM						Energy Movement in-studio online	
06:00 PM ~ 07:00 PM		Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online	Core Strengthening in-studio online			