

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Garden Grove, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Body & Brain Yoga [All levels] (In-Studio)	Core Strengthening (In-Studio)	Energy Movement (In-Studio)		Meditation (In-Studio)	Body & Brain Yoga [All levels] (In-Studio)
06:00 PM ~ 07:00 PM		Body & Brain Yoga [All levels] (In-Studio)		Energy Movement (In-Studio)		Meditation online	