

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Glendale, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM		Core Strengthening online	Tai Chi online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong in-studio online	Energy Movement online	Tai Chi and Qigong in-studio online
10:30 AM ~ 11:40 AM		Body & Brain Yoga [All levels] online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong online	Energy Movement in-studio online	
05:00 PM ~ 06:10 PM		Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online	Tai Chi and Qigong online		
06:00 PM ~ 07:10 PM			Tai Chi and Qigong in-studio online			Energy Movement online	
07:00 PM ~ 08:10 PM		Body & Brain Yoga [All levels] in-studio online		Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong online		