

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Golden, CO

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM			Body & Brain Yoga [All levels] in-studio online		Body & Brain Yoga [All levels] in-studio online		Open Class in-studio online
08:30 AM ~ 09:30 AM							Body & Brain Yoga [All levels] in-studio online
09:00 AM ~ 10:00 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi in-studio online	Body & Brain Yoga [All levels] in-studio online	Energy Movement in-studio online	
10:00 AM ~ 11:00 AM							Tai Chi and Qigong in-studio online
12:00 PM ~ 01:00 PM		Yoga for Seniors in-studio online		Tai Chi in-studio online		Tai Chi in-studio online	
05:30 PM ~ 06:30 PM			Body & Brain Yoga [All levels] in-studio online	Tai Chi in-studio online	Core Strengthening in-studio online		
06:00 PM ~ 07:00 PM		Tai Chi in-studio online					
07:00 PM ~ 08:00 PM			Open Class		Open Class		

	SUN	MON	in-studio online.	WED	in-studio online.	FRI	SAT
			TUE		THU		