

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Henderson, NV

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