

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Houston, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:00 AM ~ 10:10 AM</b>		Core Strengthening <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>		Tai Chi and Qigong <a href="#">online</a>	Tai Chi and Qigong (In-Studio)
<b>10:30 AM ~ 11:40 AM</b>		Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Tai Chi and Qigong <a href="#">online</a>	Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>	Energy Movement <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>
<b>12:00 PM ~ 01:00 PM</b>			Yoga for Seniors <a href="#">online</a>				
<b>06:00 PM ~ 07:10 PM</b>			Tai Chi and Qigong <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>		
<b>06:30 PM ~ 07:40 PM</b>		Core Strengthening <a href="#">online</a>		Tai Chi and Qigong <a href="#">online</a>		Energy Movement <a href="#">online</a>	
<b>07:30 PM ~ 08:40 PM</b>			Body & Brain Yoga [All levels] <a href="#">online</a>		Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>		