

# WEEKLY SCHEDULE

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

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