

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Kirkland, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM		Core Strengthening online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online		Body & Brain Yoga [All levels] online	
09:15 AM ~ 10:30 AM		Core Strengthening online		Body & Brain Yoga [All levels] online			
09:30 AM ~ 10:30 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)	Body & Brain Yoga [All levels] (In-Studio)
10:00 AM ~ 11:00 AM			Chair Yoga online		Meditation online		Body & Brain Yoga [All levels] online
04:00 PM ~ 05:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
06:00 PM ~ 07:00 PM					Body & Brain Yoga [All levels] online		
06:00 PM ~ 07:00 PM		Core Strengthening (In-Studio)	Body & Brain Yoga [All levels] (In-Studio)	Body & Brain Yoga [All levels] (In-Studio)	Tai Chi and Qigong (In-Studio)		

