

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	
09:20 AM ~ 10:30 AM		Core Strengthening in-studio	Yoga and Qigong in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio	Energy Movement in-studio	Yoga and Qigong 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 ~ 07:10 PM			Yoga and Qigong in-studio		Tai Chi and Qigong in-studio		
07:00 PM ~ 08:10 PM		Core Strengthening in-studio		Yoga and Qigong in-studio			