

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Littleton, CO

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>07:30 AM ~ 08:40 AM</b>							Body & Brain Yoga [All levels] in-studio online.
<b>08:30 AM ~ 09:40 AM</b>		Core Strengthening in-studio online.	Body & Brain Yoga [All levels] in-studio online.	Body & Brain Yoga [All levels] in-studio online.	Body & Brain Yoga [All levels] in-studio online.	Energy Movement in-studio online.	
<b>09:30 AM ~ 10:40 AM</b>							Body & Brain Yoga [All levels] in-studio online.
<b>10:00 AM ~ 11:10 AM</b>			Body & Brain Yoga [All levels] in-studio online.		Body & Brain Yoga [All levels] in-studio online.		
<b>04:30 PM ~ 05:40 PM</b>						Energy Movement in-studio online.	
<b>06:00 PM ~ 07:10 PM</b>		Core Strengthening in-studio online.	Body & Brain Yoga [All levels] in-studio online.	Tai Chi and Qigong (In-Studio)	Body & Brain Yoga [All levels] (In- Studio)		