

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Lynnwood, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:20 AM</b>		Core Strengthening (In-Studio)	Body & Brain Yoga [All levels] (In-Studio)	Body & Brain Yoga [All levels] (In-Studio)	Tai Chi (In-Studio)		
<b>12:00 PM ~ 01:30 PM</b>			Tai Chi (In-Studio)				
<b>05:00 PM ~ 06:20 PM</b>							