WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Montecito, NV

	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	
09:00 AM ~ 10:10 AM							Body & Brain Yoga [All levels] in-studio
10:00 AM ~ 11:10 AM	Body & Brain Yoga [All levels] online	Self Healing with Wooden Pillow in-studio online	Body & Brain Yoga [All levels] in-studio	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio	Energy Movement in-studio online	
10:00 AM ~ 11:00 AM			Yoga for Seniors online		Energy Movement 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		Self Healing with Wooden Pillow in-studio		Body & Brain Yoga [All levels] in-studio	Body & Brain Yoga [All levels] online	Energy Movement in-studio	
06:30 PM ~ 07:40 PM			Body & Brain Yoga [All levels] in-studio		Tai Chi and Qigong in-studio		