

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Rolling Hills, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:00 AM ~ 10:00 AM</b>	Tai Chi and Qigong <a href="#">online</a>						
<b>10:00 AM ~ 11:00 AM</b>		Self Healing with Wooden Pillow <a href="#">in-studio</a> <a href="#">online</a>	Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>	Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>	Energy Movement <a href="#">in-studio</a> <a href="#">online</a>	
<b>10:30 AM ~ 11:30 AM</b>							Yoga and Qigong (In-Studio)
<b>06:00 PM ~ 07:00 PM</b>		Self Healing with Wooden Pillow <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi <a href="#">in-studio</a> <a href="#">online</a>	Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>	Tai Chi <a href="#">in-studio</a> <a href="#">online</a>	Energy Movement <a href="#">online</a>	
<b>07:30 PM ~ 08:30 PM</b>		Core Strengthening <a href="#">online</a>		Self Healing with Wooden Pillow <a href="#">online</a>			