

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Scottsdale, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:10 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		Core Strengthening online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	Body & Brain Yoga [All levels] in-studio online
10:30 AM ~ 11:40 AM		Core Strengthening in-studio					
05:00 PM ~ 06:10 PM		Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online		
06:00 PM ~ 07:00 PM		Self Healing with Wooden Pillow in-studio	Tai Chi and Qigong in-studio online			Energy Movement in-studio online	
06:30 PM ~ 07:10 PM		Core Strengthening online		Body & Brain Yoga [All levels] online			
07:00 PM ~ 08:10 PM					Tai Chi and Qigong online		

