

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Silicon Valley Personal Coaching, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:30 AM		Core Strengthening online		Tai Chi online	Body & Brain Yoga [All levels] online	Core Strengthening online	Body & Brain Yoga [All levels] online
12:00 PM ~ 01:00 PM			Yoga for Seniors online		Yoga for Seniors online		
05:30 PM ~ 06:30 PM						Energy Movement online	
06:00 PM ~ 07:00 PM		Tai Chi online	Body & Brain Yoga [All levels] online	Core Strengthening online			