

# WEEKLY SCHEDULE

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

|                            | SUN | MON  | TUE  | WED   | THU  | FRI  | SAT  |
|----------------------------|-----|--|--|---|--|--|--|
| <b>09:30 AM ~ 10:30 AM</b> |     | Core Strengthening<br><a href="#">online</a> | Body & Brain Yoga [All levels]<br><a href="#">online</a> | Energy Movement<br><a href="#">online</a>                 | Tai Chi<br><a href="#">online</a>                        | Core Strengthening<br><a href="#">online</a> | Body & Brain Yoga [All levels]<br><a href="#">online</a> |
| <b>12:00 PM ~ 01:00 PM</b> |     |  | Yoga for Seniors<br><a href="#">online</a>               | Self Healing with Wooden Pillow<br><a href="#">online</a> | Yoga for Seniors<br><a href="#">online</a>               |  |  |
| <b>05:45 PM ~ 06:45 PM</b> |     |  |  |   |  | Energy Movement<br><a href="#">online</a>    |  |
| <b>06:00 PM ~ 07:00 PM</b> |     | Tai Chi<br><a href="#">online</a>            | Body & Brain Yoga [All levels]<br><a href="#">online</a> | Core Strengthening<br><a href="#">online</a>              | Body & Brain Yoga [All levels]<br><a href="#">online</a> |  |  |
| <b>07:15 PM ~ 08:15 PM</b> |     |  | Tai Chi<br><a href="#">online</a>                        |   | Tai Chi<br><a href="#">online</a>                        |  |  |