

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Tacoma, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:00 AM ~ 10:10 AM</b>			Yoga and Qigong in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio	Energy Movement in-studio	
<b>09:15 AM ~ 10:30 AM</b>		Core Strengthening online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Energy Movement online	Body & Brain Yoga [All levels] online
<b>04:00 PM ~ 05:30 PM</b>		Core Strengthening online		Tai Chi online			
<b>06:00 PM ~ 07:10 PM</b>			Yoga and Qigong in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio		
<b>06:00 PM ~ 07:30 PM</b>		Tai Chi online					
<b>07:00 PM ~ 08:30 PM</b>			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		