

# WEEKLY SCHEDULE

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

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