

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Tempe, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM		Core Strengthening online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online		Body & Brain Yoga [All levels] online	
09:00 AM ~ 10:00 AM		Core Strengthening in-studio online					Tai Chi and Qigong in-studio
09:30 AM ~ 10:30 AM				Body & Brain Yoga [All levels] in-studio		Energy Movement in-studio	
10:00 AM ~ 11:00 AM			Chair Yoga online		Meditation online		Yoga and Tai Chi online
10:30 AM ~ 11:30 AM			Self Healing with Wooden Pillow in-studio		Tai Chi and Qigong in-studio		
04:00 PM ~ 05:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
05:30 PM ~ 06:30 PM		Core Strengthening in-studio	Tai Chi and Qigong in-studio		Body & Brain Yoga [All levels] in-studio	Energy Movement in-studio	
					Body & Brain Yoga		

06:00 PM ~ 07:00 PM					[All levels] online		
06:00 PM ~ 07:00 PM				Meditation & Stretching in-studio			