

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Torrance, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:00 AM ~ 10:10 AM</b>	Yoga and Tai Chi in-studio online						
<b>09:30 AM ~ 10:40 AM</b>		Core Strengthening in-studio online	Tai Chi and Qigong in-studio online	Self Healing with Wooden Pillow in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	Yoga and Tai Chi in-studio online
<b>06:00 PM ~ 07:10 PM</b>		Core Strengthening in-studio online	Tai Chi and Qigong in-studio online	Self Healing with Wooden Pillow in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	
<b>07:30 PM ~ 08:40 PM</b>		Core Strengthening online		Self Healing with Wooden Pillow in-studio online			