

# WEEKLY SCHEDULE

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

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:15 AM ~ 10:35 AM</b>		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Energy Movement in-studio online	Body & Brain Yoga [All levels] online
<b>04:00 PM ~ 05:30 PM</b>						Energy Movement (In-Studio)	
<b>04:15 PM ~ 05:30 PM</b>			Tai Chi online				
<b>06:00 PM ~ 07:15 PM</b>		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi in-studio online		