

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, West Linn, OR

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>08:30 AM ~ 09:30 AM</b>		Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>	
<b>09:00 AM ~ 10:00 AM</b>			Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>		Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>
<b>10:00 AM ~ 11:00 AM</b>		Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>		Energy Movement <a href="#">in-studio</a> <a href="#">online</a>	
<b>05:45 PM ~ 06:45 PM</b>		Core Strengthening <a href="#">in-studio</a> <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>		Energy Movement <a href="#">in-studio</a> <a href="#">online</a>	
<b>06:45 PM ~ 07:45 PM</b>			Body & Brain Yoga [All levels] <a href="#">in-studio</a> <a href="#">online</a>		Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>		