

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, LAX, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:15 AM ~ 11:25 AM		Core Strengthening online	Tai Chi online	Body & Brain Yoga [All levels] online	Yoga and Qigong online	Energy Movement online	Body & Brain Yoga [All levels] online
05:00 PM ~ 06:10 PM			Tai Chi online				
06:00 PM ~ 07:10 PM		Core Strengthening online		Body & Brain Yoga [All levels] online	Yoga and Qigong online	Energy Movement online	
07:30 PM ~ 08:40 PM		Core Strengthening online		Body & Brain Yoga [All levels] online			