

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Westminster, CO

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:40 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] online	Energy Movement online	Body & Brain Yoga [All levels] in-studio online
04:30 PM ~ 05:40 PM		Core Strengthening online	Body & Brain Yoga [All levels] online	Tai Chi online		Energy Movement in-studio online	
06:00 PM ~ 07:10 PM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio online	Body & Brain Yoga [All levels] in-studio online		