

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Westminster, CO

	SUN	MON	TUE	WED	THU	FRI	SAT
05:30 AM ~ 06:30 AM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
07:00 AM ~ 08:00 AM			Body & Brain Yoga [All levels] online		Body & Brain Yoga [All levels] online		
08:00 AM ~ 09:00 AM	Body & Brain Yoga [All levels] online	Core Strengthening online	Body & Brain Yoga [All levels] online	Tai Chi and Qigong online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online	Body & Brain Yoga [All levels] online
09:30 AM ~ 10:30 AM		Core Strengthening in-studio online	Body & Brain Yoga [All levels] in-studio	Tai Chi and Qigong in-studio online	Self Healing with Wooden Pillow in-studio	Energy Movement in-studio online	Body & Brain Yoga [All levels] in-studio
11:00 AM ~ 12:00 PM			Chair Yoga online		Meditation online		Body & Brain Yoga [All levels] online
12:00 PM ~ 01:00 PM		Yoga for Seniors online		Yoga for Seniors online		Yoga for Seniors online	
04:30 PM ~ 05:40 PM			Self Healing with Wooden Pillow in-studio online		Body & Brain Yoga [All levels] online		
		Core		Tai Chi and			

05:00 PM ~ 06:00 PM		Strengthening online		Qigong online		Energy Movement online	
06:00 PM ~ 07:00 PM		Core Strengthening in-studio	Body & Brain Yoga [All levels] in-studio online	Tai Chi and Qigong in-studio	Energy Movement in-studio		
07:00 PM ~ 08:00 PM					Body & Brain Yoga [All levels] online		