

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Albuquerque, NM

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

07:00 PM ~ 08:15 PM				Qigong online			
08:00 PM ~ 09:00 PM			Body & Brain Yoga [All levels] online		Energy Movement online		