

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Beaverton, OR

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM		Body & Brain Yoga [All levels] in-studio		Body & Brain Yoga [All levels] in-studio		Tai Chi and Qigong in-studio	Body & Brain Yoga [All levels] in-studio
12:00 PM ~ 01:00 PM			Chair Yoga online		Chair Yoga online		
06:00 PM ~ 07:00 PM			Energy Movement in-studio		Tai Chi and Qigong in-studio		
06:30 PM ~ 07:30 PM		Core Strengthening in-studio		Body & Brain Yoga [All levels] in-studio			