

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Cerritos, CA

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