WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Scottsdale, AZ

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

07:00 PM ~ 08:10 PM							