


TAO WELLNESS CENTER Class Schedule

	Mon	Tues	Wed	Thur	Fri	Sat
6:30 am 60 mins	Intestinal Detox -Nicholas		Energy Core -Dohun		Yoga Relaxation -Michelle	
8:30 am	Intestinal Detox -Michelle		Energy Core -Michelle		Dance Fusion -Nicholas	Body Balance -Kwon
10:10 am	Intestinal Detox -Nicholas	Body Balance -Nicholas	Energy Core -Kwon	Moving Meditation -Nicholas	Body Balance -Dohun	Tao Yoga -Michelle
12:00 pm						Yoga Community Class -Nicholas
6:00 pm	Intestinal Detox -Dohun	Body Balance -Nicholas	Energy Core -Nicholas	Moving Meditation -Nicholas	Dance Fusion -Nicholas	
7:30 pm		Yoga Relaxation -Linda		Yoga Relaxation -Nicholas		

*** All classes are 70mins.** Warm ups begin 10mins prior to class. Please BE ON TIME. You are invited for tea after class!

*See reverse for class descriptions