

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Irvine, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM			Tai Chi and Qigong in-studio online.		Tai Chi and Qigong in-studio online.		Yoga and Qigong in-studio online.
06:00 PM ~ 07:00 PM			Tai Chi and Qigong in-studio online.		Tai Chi and Qigong in-studio online.		