

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Decatur, GA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:45 AM			Yoga and Qigong online		Yoga and Qigong online		
10:00 AM ~ 11:15 AM	Yoga and Qigong online		Yoga and Qigong online	Tai Chi and Qigong online	Yoga and Qigong online	Yoga and Qigong online	Yoga and Qigong online
10:00 AM ~ 11:15 AM			Yoga and Qigong in-studio	Tai Chi and Qigong in-studio			Yoga and Qigong in-studio
01:00 PM ~ 02:00 PM							Yoga and Qigong online
06:30 PM ~ 07:45 PM			Yoga and Qigong in-studio online	Tai Chi and Qigong in-studio			
07:00 PM ~ 08:00 PM				Tai Chi online			