

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, North Merrick, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM			Tai Chi and Qigong in-studio	Tai Chi and Qigong online			
11:00 AM ~ 12:00 PM							Tai Chi and Qigong in-studio
06:15 PM ~ 07:15 PM				Tai Chi and Qigong in-studio			