

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Scottsdale, AZ

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------|-----|---|---|---|---|---|-----|
| 09:00 AM ~ 10:10 AM | | Body & Brain Yoga [All levels] online | Tai Chi in-studio online | Meditation in-studio online | Tai Chi in-studio online | Energy Movement in-studio online | |
| 10:30 AM ~ 11:40 AM | | Body & Brain Yoga [All levels] in-studio online | Tai Chi and Qigong online | Body & Brain Yoga [All levels] online | Tai Chi and Qigong online | Energy Movement online | |
| 05:00 PM ~ 06:10 PM | | Energy Movement in-studio online | Tai Chi and Qigong online | Body & Brain Yoga [All levels] in-studio online | Tai Chi and Qigong in-studio online | Energy Movement in-studio online | |
| 07:00 PM ~ 08:10 PM | | Body & Brain Yoga [All levels] online | Tai Chi and Qigong in-studio online | Body & Brain Yoga [All levels] online | Tai Chi and Qigong online | Energy Movement online | |