

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Centreville, VA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM							Tai Chi and Qigong in-studio online
09:30 AM ~ 10:30 AM				Tai Chi and Qigong in-studio	Tai Chi and Qigong in-studio online		
11:30 AM ~ 12:30 PM			Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio
06:30 PM ~ 07:30 PM					Tai Chi and Qigong in-studio online		
07:00 PM ~ 08:00 PM				Tai Chi and Qigong online			