WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Manhattan, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM			Tai Chi and Qigong in-studio	Tai Chi and Qigong in-studio online			
12:00 PM ~ 01:00 PM		Tai Chi and Qigong in-studio				Tai Chi and Qigong in-studio	Tai Chi and Qigong in-studio
01:00 PM ~ 02:00 PM							Yoga and Qigong online
06:00 PM ~ 07:00 PM		Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio			
06:30 PM ~ 07:30 PM			Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio		
07:00 PM ~ 08:00 PM				Tai Chi and Qigong online			