

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Valley, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM	Yoga and Tai Chi online						
09:30 AM ~ 10:40 AM			Yoga and Qigong in-studio		Qigong and Tai Chi [All levels] in-studio online		Yoga and Tai Chi in-studio online
06:00 PM ~ 07:10 PM			Yoga and Qigong in-studio		Qigong and Tai Chi [All levels] in-studio online		