

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Kirkland, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM				Tai Chi and Qigong online			
09:20 AM ~ 10:30 AM			Yoga and Qigong in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio		Yoga and Qigong in-studio
04:00 PM ~ 05:00 PM				Tai Chi and Qigong online			
06:00 PM ~ 07:10 PM			Yoga and Qigong in-studio		Tai Chi and Qigong in-studio		
07:00 PM ~ 08:10 PM				Yoga and Qigong in-studio			