

# WEEKLY SCHEDULE

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

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM			Tai Chi and Qigong <a href="#">online</a>		Tai Chi and Qigong <a href="#">online</a>		Yoga and Qigong <a href="#">online</a>
06:00 PM ~ 07:00 PM			Tai Chi and Qigong <a href="#">online</a>		Tai Chi and Qigong <a href="#">online</a>		