

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Scottsdale, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>07:00 AM ~ 08:10 AM</b>				Tai Chi and Qigong <a href="#">online</a>			
<b>09:00 AM ~ 10:10 AM</b>			Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>		Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>		
<b>05:00 PM ~ 06:10 PM</b>					Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>		
<b>06:00 PM ~ 07:00 PM</b>			Tai Chi and Qigong <a href="#">in-studio</a> <a href="#">online</a>				
<b>07:00 PM ~ 08:10 PM</b>					Tai Chi and Qigong <a href="#">online</a>		