

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Scottsdale, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM			Tai Chi in-studio online		Tai Chi in-studio online		
10:30 AM ~ 11:40 AM			Tai Chi and Qigong online		Tai Chi and Qigong online		
05:00 PM ~ 06:10 PM			Tai Chi and Qigong online		Tai Chi and Qigong in-studio online		
07:00 PM ~ 08:10 PM			Tai Chi and Qigong in-studio online		Tai Chi and Qigong online		