

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Scottsdale, AZ

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