

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Centreville, VA

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