

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Cerritos, CA

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