

# WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Rockville Centre, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM						Tai Chi and Qigong (In-Studio)	
01:00 PM ~ 02:00 PM							Yoga and Qigong <a href="#">online</a>
06:00 PM ~ 07:00 PM				Tai Chi and Qigong (In-Studio)		Tai Chi and Qigong (In-Studio)	
07:30 PM ~ 08:30 PM		Tai Chi and Qigong (In-Studio)					