

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, North Potomac, MD

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:30 AM				Yoga and Qigong online			
09:30 AM ~ 10:30 AM							Yoga and Qigong online
10:30 AM ~ 11:30 AM				Yoga and Qigong online			
06:00 PM ~ 07:00 PM				Yoga and Qigong online			
07:15 PM ~ 08:15 PM				Yoga and Qigong online			