

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, North Potomac, MD

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------|-----|-----|--------------------------------|---------------------------|--------------------------------|-----|--------------------------------|
| 09:00 AM ~ 10:00 AM | | | | | Yoga and Tai Chi online | | |
| 10:30 AM ~ 11:30 AM | | | | | | | Tai Chi and Qigong (In-Studio) |
| 12:00 PM ~ 01:00 PM | | | Tai Chi and Qigong (In-Studio) | | Tai Chi and Qigong (In-Studio) | | |
| 06:30 PM ~ 07:30 PM | | | | | Tai Chi and Qigong (In-Studio) | | |
| 06:30 PM ~ 07:30 PM | | | | | Yoga and Tai Chi online | | |
| 07:00 PM ~ 08:00 PM | | | | Yoga and Qigong online | | | |