

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Forest Hills, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM			Tai Chi and Qigong in-studio				
10:00 AM ~ 11:00 AM				Tai Chi and Qigong online			
11:00 AM ~ 12:00 PM							Tai Chi and Qigong in-studio
01:00 PM ~ 02:00 PM							Yoga and Qigong online
06:00 PM ~ 07:00 PM			Tai Chi and Qigong in-studio				
07:00 PM ~ 08:00 PM				Tai Chi and Qigong online			