

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Aiea, HI

|                     | SUN | MON | TUE | WED                                       | THU | FRI | SAT |
|---------------------|-----|-----|-----|-------------------------------------------|-----|-----|-----|
| 09:00 AM ~ 10:00 AM |     |     |     | Tai Chi and<br>Qigong<br>in-studio online |     |     |     |
| 06:00 PM ~ 07:00 PM |     |     |     | Tai Chi and<br>Qigong<br>online           |     |     |     |