

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Pinecrest, FL

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM	Tai Chi and Qigong in-studio online			Tai Chi and Qigong in-studio online	Tai Chi and Qigong online		
01:00 PM ~ 02:00 PM							Yoga and Qigong online
06:00 PM ~ 07:00 PM			Tai Chi and Qigong in-studio online				
07:30 PM ~ 08:30 PM		Tai Chi and Qigong in-studio					