WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Westchester, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM	Yoga and Qigong in-studio online			Yoga and Qigong in-studio online			Tai Chi and Qigong online
01:00 PM ~ 02:00 PM							Yoga and Tai Chi online
05:30 PM ~ 06:30 PM					Tai Chi and Qigong online	Tai Chi and Qigong in-studio online	