

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Tacoma, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM			Yoga and Qigong in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio		
09:15 AM ~ 10:30 AM					Tai Chi and Qigong online		
04:00 PM ~ 05:30 PM				Tai Chi online			
06:00 PM ~ 07:10 PM			Yoga and Qigong in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio		
06:00 PM ~ 07:30 PM		Tai Chi online					