

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Houston, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
10:30 AM ~ 11:40 AM			Tai Chi and Qigong online	Tai Chi and Qigong online	Tai Chi and Qigong in-studio online		
12:00 PM ~ 01:00 PM							Yoga and Qigong online
06:00 PM ~ 07:10 PM				Tai Chi and Qigong online			
06:30 PM ~ 07:40 PM				Tai Chi and Qigong online			
07:30 PM ~ 08:40 PM					Tai Chi and Qigong (In-Studio)		