WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Glendale, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM				Tai Chi and Qigong online			
09:00 AM ~ 10:00 AM			Tai Chi online		Tai Chi in-studio		Tai Chi and Qigong in-studio
10:00 AM ~ 11:00 AM							Yoga and Tai Chi online
10:30 AM ~ 11:30 AM			Tai Chi and Qigong in-studio				
04:00 PM ~ 05:00 PM				Tai Chi and Qigong online			
06:00 PM ~ 07:00 PM			Tai Chi and Qigong in-studio				
07:00 PM ~ 08:00 PM					Tai Chi in-studio		