# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Flamingo, NV

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|---|
| **07:00 AM ~ 08:00 AM** | | | | Tai Chi and Qigong<br>online | | | |
| **10:00 AM ~ 11:10 AM** | | | Tai Chi<br>in-studio | | Tai Chi<br>in-studio | | |
| **05:30 PM ~ 06:40 PM** | | | | Tai Chi<br>in-studio | | | |
| **06:00 PM ~ 07:10 PM** | | | | | | Tai Chi<br>in-studio | |