

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Bayside, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM			Tai Chi and Qigong online				
12:00 PM ~ 01:00 PM							Tai Chi and Qigong online
06:00 PM ~ 07:00 PM					Tai Chi and Qigong online		