WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Albuquerque, NM

	SUN	MON	TUE	WED	THU	FRI	SAT
08:00 AM ~ 09:00 AM				Tai Chi online			
10:00 AM ~ 11:00 AM				Tai Chi and Qigong in-studio online			
11:00 AM ~ 12:00 PM							Tai Chi and Qigong online
12:00 PM ~ 01:00 PM	Tai Chi and Qigong online						Tai Chi and Qigong in-studio online
05:00 PM ~ 06:00 PM				Tai Chi and Qigong online			
06:00 PM ~ 07:00 PM				Tai Chi in-studio online			
07:00 PM ~ 08:15 PM				Tai Chi and Qigong online			