WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Mesa, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
08:55 AM ~ 10:10 AM				Tai Chi and Qigong in-studio online.			
11:55 AM ~ 01:10 PM			Yoga and Qigong in-studio online.		Tai Chi and Qigong in-studio online.		
05:55 PM ~ 07:10 PM				Tai Chi and Qigong in-studio online.	Yoga and Qigong in-studio online.		