WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Wedgwood, WA

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM				Tai Chi and Qigong online			
09:15 AM ~ 10:30 AM					Tai Chi and Qigong in-studio		
10:30 AM ~ 11:45 AM					Tai Chi and Qigong online		
11:00 AM ~ 12:15 PM							Tai Chi and Qigong in-studio
03:00 PM ~ 04:00 PM	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		
					Tai Chi and		

06:30 PM ~ 07:45 PM					Qigong online		