

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Tempe, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM				Tai Chi and Qigong online			
09:00 AM ~ 10:00 AM							Tai Chi and Qigong in-studio
10:00 AM ~ 11:00 PM							Yoga and Tai Chi online
10:30 AM ~ 11:30 AM					Tai Chi and Qigong in-studio		
04:00 PM ~ 05:00 PM				Tai Chi and Qigong online			
05:30 PM ~ 06:30 PM			Tai Chi and Qigong in-studio				