

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Champion, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM							Yoga and Qigong online
10:30 AM ~ 11:40 AM			Tai Chi and Qigong online	Tai Chi and Qigong online			
06:00 PM ~ 07:00 PM			Tai Chi and Qigong online		Tai Chi and Qigong online		
06:30 PM ~ 07:40 PM				Tai Chi in-studio online			
07:30 PM ~ 08:40 PM					Tai Chi and Qigong online		