

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Miami, FL

|                     | SUN                                    | MON | TUE                             | WED                             | THU                          | FRI | SAT                       |
|---------------------|----------------------------------------|-----|---------------------------------|---------------------------------|------------------------------|-----|---------------------------|
| 10:00 AM ~ 11:10 PM | Tai Chi and Qigong<br>in-studio online |     | Tai Chi and Qigong<br>in-studio |                                 | Tai Chi and Qigong<br>online |     |                           |
| 01:00 PM ~ 02:00 PM |                                        |     |                                 |                                 |                              |     | Yoga and Qigong<br>online |
| 06:30 PM ~ 07:30 PM |                                        |     |                                 | Tai Chi and Qigong<br>in-studio | Tai Chi and Qigong<br>online |     |                           |