

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Irvine, CA

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