

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Springfield, VA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:30 AM ~ 10:30 AM</b>			Tai Chi and Qigong in-studio online		Tai Chi and Qigong in-studio online		Tai Chi and Qigong in-studio online
<b>12:00 PM ~ 01:00 PM</b>		Yoga and Qigong in-studio	Tai Chi and Qigong in-studio			Tai Chi and Qigong in-studio	Yoga and Qigong in-studio online
<b>06:30 PM ~ 07:30 PM</b>			Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio online		