

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Springfield, VA

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