

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Cottonwood (Albuquerque NW), NM

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM				Tai Chi and Qigong in-studio online			
10:30 AM ~ 11:30 AM							Yoga and Tai Chi in-studio online
12:00 PM ~ 01:00 PM	Tai Chi and Qigong in-studio online						
06:00 PM ~ 07:00 PM				Tai Chi and Qigong in-studio online			