

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Rockville Centre, NY

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:00 AM</b>				Tai Chi and Qigong in-studio			Tai Chi and Qigong in-studio online.
<b>06:15 PM ~ 07:15 PM</b>			Tai Chi and Qigong in-studio				