

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Golden, CO

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM				Tai Chi in-studio online			
10:00 AM ~ 11:00 AM							Tai Chi and Qigong in-studio online
12:00 PM ~ 01:00 PM				Tai Chi in-studio online		Tai Chi in-studio online	
05:30 PM ~ 06:30 PM				Tai Chi in-studio online			
06:00 PM ~ 07:00 PM		Tai Chi in-studio online					