

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Rockville Centre, NY

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