

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, North Potomac, MD

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM ~ 11:00 AM				Yoga and Tai Chi online			
10:30 AM ~ 11:30 AM							Tai Chi and Qigong in-studio
12:00 PM ~ 01:00 PM			Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio		
06:30 PM ~ 07:30 PM					Tai Chi and Qigong in-studio		
06:30 PM ~ 07:30 PM					Yoga and Tai Chi online		
07:00 PM ~ 08:00 PM				Yoga and Tai Chi online			