

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Bay Ridge, NY

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