

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Pinecrest, FL

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------|--|-----|---------------------------------|--|-----|-----|---------------------------|
| 10:00 AM ~ 11:00 AM | Tai Chi and Qigong in-studio online | | | Tai Chi and Qigong in-studio online | | | |
| 01:00 PM ~ 02:00 PM | | | | | | | Yoga and Qigong online |
| 06:00 PM ~ 07:00 PM | | | Tai Chi and Qigong in-studio | | | | |