

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Valley, CA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:00 AM ~ 10:10 AM</b>	Yoga and Tai Chi online						
<b>09:30 AM ~ 10:40 AM</b>			Tai Chi and Qigong in-studio online		Tai Chi and Qigong in-studio online		Yoga and Tai Chi in-studio online
<b>06:00 PM ~ 07:10 PM</b>			Tai Chi and Qigong in-studio online		Tai Chi and Qigong in-studio online		