

# WEEKLY SCHEDULE

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

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