

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Decatur, GA

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>07:30 AM ~ 08:45 AM</b>			Yoga and Qigong online		Yoga and Qigong online		
<b>10:00 AM ~ 11:15 AM</b>			Yoga and Qigong in-studio				
<b>10:00 AM ~ 11:15 AM</b>	Yoga and Qigong online		Yoga and Qigong online	Tai Chi and Qigong online	Yoga and Qigong online	Yoga and Qigong online	
<b>10:00 AM ~ 11:15 AM</b>				Tai Chi and Qigong in-studio			Yoga and Qigong in-studio online
<b>01:00 PM ~ 02:00 PM</b>							Yoga and Qigong online
<b>06:30 PM ~ 07:45 PM</b>			Yoga and Qigong in-studio online	Tai Chi and Qigong in-studio			
<b>07:00 PM ~ 08:00 PM</b>				Tai Chi and Qigong online			
<b>09:00 PM ~ 10:00 PM</b>					Yoga and Qigong		

online