

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Houston, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM			Yoga and Tai Chi in-studio		Yoga and Tai Chi in-studio		
10:30 AM ~ 11:40 AM				Tai Chi and Qigong in-studio online	Tai Chi and Qigong in-studio online		Yoga and Tai Chi in-studio online
12:00 PM ~ 01:00 PM							Yoga and Qigong online
05:30 PM ~ 06:25 PM			Yoga and Tai Chi in-studio	Yoga and Tai Chi in-studio			
06:00 PM ~ 07:10 PM				Tai Chi and Qigong online			
06:30 PM ~ 07:40 PM				Tai Chi and Qigong in-studio online	Yoga and Tai Chi in-studio online		