

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Houston, TX

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