

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Raleigh, NC

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