

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 | | | |