

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Koreatown Los Angeles, CA

|                            | SUN                        | MON | TUE                                    | WED | THU                                    | FRI | SAT                                  |
|----------------------------|----------------------------|-----|----------------------------------------|-----|----------------------------------------|-----|--------------------------------------|
| <b>09:00 AM ~ 10:10 AM</b> | Yoga and Tai Chi<br>online |     |                                        |     |                                        |     |                                      |
| <b>09:30 AM ~ 10:40 AM</b> |                            |     | Tai Chi and Qigong<br>in-studio online |     | Tai Chi and Qigong<br>in-studio online |     | Yoga and Tai Chi<br>in-studio online |
| <b>06:00 PM ~ 07:10 PM</b> |                            |     | Tai Chi and Qigong<br>in-studio online |     | Tai Chi and Qigong<br>in-studio online |     |                                      |