

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Conroe, TX

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:40 AM							Yoga and Tai Chi in-studio
09:00 AM ~ 10:10 AM				Tai Chi and Qigong online			
10:30 AM ~ 11:40 AM		Yoga and Qigong in-studio		Tai Chi in-studio			
01:00 PM ~ 02:00 PM					Tai Chi and Qigong in-studio		
06:00 PM ~ 07:10 PM				Tai Chi and Qigong online	Tai Chi and Qigong online		