

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Buckhead, GA

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------|---------------------------|-----|-------------------------------------|--|-------------------------------------|---------------------------|--|
| 10:00 AM ~ 11:15 AM | Yoga and Qigong online | | Yoga and Qigong in-studio online | Tai Chi and Qigong in-studio online | | Yoga and Qigong online | Tai Chi and Qigong in-studio online |
| 10:00 AM ~ 11:15 AM | | | | | Yoga and Qigong online | | |
| 12:00 PM ~ 01:00 PM | | | | | | | Tai Chi and Qigong in-studio |
| 01:00 PM ~ 02:00 PM | | | | | | | Yoga and Qigong online |
| 06:30 PM ~ 07:15 PM | | | Yoga and Qigong in-studio | Tai Chi and Qigong in-studio | Yoga and Qigong in-studio online | | |
| 07:00 PM ~ 08:00 PM | | | | Tai Chi and Qigong online | | | |