

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Mesa, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:10 AM				Tai Chi and Qigong in-studio online			
12:00 PM ~ 01:10 PM			Tai Chi and Qigong in-studio				
05:00 PM ~ 06:10 PM				Tai Chi and Qigong in-studio online			