

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Kaimuki, HI

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