

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Arlington, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
09:50 AM ~ 11:10 AM					Tai Chi in-studio online		
11:50 AM ~ 01:10 PM				Tai Chi and Qigong online			
01:00 PM ~ 02:00 PM							Yoga and Tai Chi online
04:20 PM ~ 05:40 PM			Tai Chi and Qigong in-studio				
06:20 PM ~ 07:40 PM			Tai Chi and Qigong in-studio online		Tai Chi and Qigong in-studio online		
07:00 PM ~ 08:00 PM				Tai Chi and Qigong online			