

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Albuquerque, NM

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------|------------------------------|-----|-----|--|--|-----|--|
| 08:00 AM ~ 09:00 AM | | | | Tai Chi online | | | |
| 10:00 AM ~ 11:00 AM | | | | Tai Chi and Qigong in-studio online | | | |
| 11:00 AM ~ 12:00 PM | | | | | | | Tai Chi and Qigong online |
| 12:00 PM ~ 01:00 PM | Tai Chi and Qigong online | | | | Tai Chi and Qigong in-studio online | | Tai Chi and Qigong in-studio online |
| 05:00 PM ~ 06:00 PM | | | | Tai Chi and Qigong online | | | |
| 06:00 PM ~ 07:00 PM | | | | Tai Chi in-studio online | | | |
| 07:00 PM ~ 08:15 PM | | | | Tai Chi and Qigong online | | | |

