

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Miami, FL

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