

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Closter, NJ

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>10:00 AM ~ 11:00 AM</b>	Tai Chi and Qigong <b>online</b>			Tai Chi and Qigong <b>online</b>			Tai Chi and Qigong <b>online</b>
<b>10:30 AM ~ 11:30 AM</b>			Tai Chi and Qigong <b>in-studio</b>				
<b>12:00 PM ~ 01:00 PM</b>	Tai Chi and Qigong <b>in-studio</b>						
<b>01:00 PM ~ 02:00 PM</b>							Yoga and Qigong <b>online</b>
<b>05:30 PM ~ 06:30 PM</b>					Tai Chi and Qigong <b>in-studio</b>	Tai Chi and Qigong <b>online</b>	
<b>07:00 PM ~ 08:00 PM</b>				Tai Chi and Qigong <b>online</b>			