

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Mesa, AZ

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>09:00 AM ~ 10:10 AM</b>				Tai Chi and Qigong in-studio online			
<b>12:00 PM ~ 01:10 PM</b>			Tai Chi and Qigong in-studio				
<b>06:00 PM ~ 07:10 PM</b>				Tai Chi and Qigong in-studio online			