

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Mineola, NY

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