

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Riverwalk, MA

	SUN	MON	TUE	WED	THU	FRI	SAT
12:00 PM ~ 01:10 PM				Tai Chi and Qigong online			Tai Chi and Qigong in-studio
06:30 PM ~ 07:40 PM				Tai Chi and Qigong in-studio online	Tai Chi and Qigong online		