

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Northbrook, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM			Tai Chi online				
09:00 AM ~ 10:00 AM				Tai Chi and Qigong online			
10:00 AM ~ 11:00 AM				Tai Chi and Qigong in-studio online			
12:00 PM ~ 01:00 PM							Tai Chi online
06:00 PM ~ 07:00 PM				Yoga and Qigong online			
06:30 PM ~ 07:30 PM				Tai Chi and Qigong in-studio online			
07:30 PM ~ 08:30 PM					Tai Chi online		

