

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Mt Prospect, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM		Core Strengthening		Body & Brain Yoga (All levels)		Energy Movement	Body & Brain Yoga (All levels)
10:00 AM ~ 11:00 AM	Tai Chi and Ki gong		Body & Brain Yoga (All levels)		Tai Chi and Ki gong		
05:30 PM ~ 06:30 PM			Tai Chi and Ki gong		Body & Brain Yoga (All levels)		
06:00 PM ~ 07:00 PM		Core Strengthening		Body & Brain Yoga (All levels)		Meditation	
07:30 PM ~ 08:30 PM			Body & Brain Yoga (All levels)		Tai Chi and Ki gong		