

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Mt. Prospect, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM			Tai Chi and Qigong online	Core Strengthening online	Yoga and Qigong online		
09:00 AM ~ 10:00 AM	Meditation in-studio online	Core Strengthening online	Yoga and Qigong online	Energy Movement online		Yoga and Qigong online	
10:00 AM ~ 11:00 AM	Yoga and Qigong in-studio online	Core Strengthening in-studio online	Self Healing with Wooden Pillow in-studio online	Yoga and Qigong in-studio online	Tai Chi and Qigong in-studio online		Tai Chi in-studio online
12:00 PM ~ 01:00 PM	Meditation in-studio online		Meditation online		Meditation online		Yoga and Qigong online
06:00 PM ~ 07:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
06:30 PM ~ 07:30 PM		Core Strengthening in-studio online	Self Healing with Wooden Pillow in-studio online	Yoga and Qigong in-studio online	Tai Chi and Qigong in-studio online		
08:00 PM ~ 09:00 PM					Yoga and Qigong online		

