

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Libertyville, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
07:30 AM ~ 08:30 AM				Tai Chi and Ki gong			
08:00 AM ~ 09:00 AM			Body & Brain Yoga (All levels)				
09:30 AM ~ 10:30 AM							Body & Brain Yoga (All levels)
10:00 AM ~ 11:00 AM		Core Strengthening	Tai Chi and Ki gong	Tai Chi and Ki gong	Energy Movement		
10:30 AM ~ 11:30 AM	Meditation						
02:00 PM ~ 03:00 PM	Tai Chi and Ki gong						Body & Brain Yoga (All levels)
05:30 PM ~ 06:30 PM							
06:00 PM ~ 07:00 PM		Core Strengthening		Tai Chi and Ki gong			

07:00 PM ~ 08:00 PM	SUN	MON	Tai Chi and Ki TUE	WED	Energy Movement THU	FRI	SAT