

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Libertyville, IL

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

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