

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Orland Park, IL

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