

# WEEKLY SCHEDULE

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

|                            | SUN   | MON  | TUE  | WED  | THU  | FRI                                  | SAT  |
|----------------------------|---|--|--|--|--|--------------------------------------|--|
| <b>07:00 AM ~ 08:00 AM</b> |   | Core Strengthening<br><a href="#">online</a>             | Body & Brain Yoga [All levels]<br><a href="#">online</a> | Energy Movement<br><a href="#">online</a>                | Tai Chi and Qigong<br><a href="#">online</a>             |                                      |  |
| <b>09:00 AM ~ 10:00 AM</b> |   | Tai Chi and Qigong<br><a href="#">online</a>             | Core Strengthening<br><a href="#">online</a>             | Body & Brain Yoga [All levels]<br><a href="#">online</a> | Energy Movement<br><a href="#">online</a>                | Open Class<br><a href="#">online</a> | Body & Brain Yoga [All levels]<br><a href="#">online</a> |
| <b>10:00 AM ~ 11:00 AM</b> | Self Healing with Wooden Pillow<br><a href="#">online</a> |  |  |  |  |                                      |  |
| <b>10:30 AM ~ 11:30 AM</b> |   | Open Class (In-Studio)                                   |  |  |  |                                      | Tai Chi and Qigong<br><a href="#">online</a>             |
| <b>05:00 PM ~ 06:00 PM</b> |   | Energy Movement<br><a href="#">online</a>                | Tai Chi and Qigong<br><a href="#">online</a>             |  | Body & Brain Yoga [All levels]<br><a href="#">online</a> |                                      |  |
| <b>06:30 PM ~ 07:30 PM</b> |   | Body & Brain Yoga [All levels]<br><a href="#">online</a> | Energy Movement<br><a href="#">online</a>                | Tai Chi and Qigong<br><a href="#">online</a>             | Core Strengthening<br><a href="#">online</a>             |                                      |  |