

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Northbrook, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM		Yoga and Qigong in-studio		Qigong and Tai Chi [All levels] online			
10:00 AM ~ 11:00 AM		Yoga and Qigong in-studio online		Qigong and Tai Chi [All levels] in-studio online			Qigong and Tai Chi [All levels] in-studio online
12:00 PM ~ 01:00 PM							Qigong and Tai Chi [All levels] online
06:00 PM ~ 07:00 PM				Qigong and Tai Chi [All levels] online			
06:30 PM ~ 07:30 PM		Qigong and Tai Chi [All levels] in-studio online		Yoga and Qigong in-studio			