

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Westmont, IL

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