

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Skokie, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:30 AM	'Power Brain' Yoga for Kids		Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)
10:00 AM ~ 11:00 AM		Core Strengthening		Tai Chi		Energy Movement	
11:00 AM ~ 12:00 PM	Tai Chi						
01:00 PM ~ 02:00 PM	Body & Brain Yoga (All levels)						
05:00 PM ~ 06:00 PM				Tai Chi			
06:30 PM ~ 07:30 PM		Core Strengthening		Tai Chi		Energy Movement	
07:00 PM ~ 08:00 PM			Body & Brain Yoga (All levels)		Body & Brain Yoga (All levels)		