

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Norridge, IL

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