

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Glen Ellyn, IL

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