

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Crystal Lake, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
05:50 AM ~ 07:10 AM		Core Strengthening		Tai Chi and Ki gong		Energy Movement	
08:50 AM ~ 10:10 AM							Tai Chi and Ki gong
10:50 AM ~ 12:15 PM		Core Strengthening	Tai Chi and Ki gong	Tai Chi and Ki gong	Tai Chi and Ki gong	Energy Movement	
03:50 PM ~ 05:10 PM		Core Strengthening		Tai Chi and Ki gong		Energy Movement	
06:50 PM ~ 08:15 PM			Tai Chi and Ki gong		Tai Chi and Ki gong		