

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Bloomingdale, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>07:00 AM ~ 08:00 AM</b>			Tai Chi <a href="#">online</a>	Core Strengthening <a href="#">online</a>	Yoga and Qigong <a href="#">online</a>		
<b>09:00 AM ~ 10:00 AM</b>		Tai Chi <a href="#">online</a>	Yoga and Qigong <a href="#">online</a>	Energy Movement <a href="#">online</a>	Tai Chi <a href="#">online</a>	Self Healing with Wooden Pillow <a href="#">online</a>	Yoga and Qigong <a href="#">online</a>
<b>10:00 AM ~ 11:00 AM</b>	Core Strengthening (In-Studio)	Core Strengthening (In-Studio)	Tai Chi (In-Studio)	Self Healing with Wooden Pillow (In-Studio)	Energy Movement (In-Studio)		Body & Brain Yoga [All levels] (In-Studio)
<b>10:00 AM ~ 11:00 AM</b>	Body & Brain Yoga [All levels] <a href="#">online</a>	Core Strengthening <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>		Energy Movement <a href="#">online</a>	Tai Chi <a href="#">online</a>
<b>12:00 PM ~ 01:00 PM</b>			Tai Chi <a href="#">online</a>		Body & Brain Yoga [All levels] <a href="#">online</a>		
<b>02:00 PM ~ 03:00 PM</b>	Tai Chi <a href="#">online</a>						
<b>05:30 PM ~ 06:30 PM</b>			Self Healing with Wooden Pillow <a href="#">online</a>		Core Strengthening <a href="#">online</a>		
<b>06:30 PM ~ 07:30 PM</b>		Core Strengthening (In-Studio)	Tai Chi (In-Studio)	Self Healing with Wooden Pillow	Energy Movement		

	<b>SUN</b>	Studio) <b>MON</b> Tai Chi	<b>TUE</b> Self Healing with Wooden Pillow	(In-Studio) <b>WED</b> Tai Chi	(In-Studio) <b>THU</b> Body & Brain Yoga [All levels]	<b>FRI</b> Meditation	<b>SAT</b>
<b>06:30 PM ~ 07:30 PM</b>		online	online	online	online	online	
<b>07:30 PM ~ 08:30 PM</b>			Body & Brain Yoga [All levels] online		Tai Chi online		