

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Mt. Prospect, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM		Core Strengthening online	Yoga and Qigong online	Energy Movement online		Yoga and Qigong online	
10:00 AM ~ 11:00 AM	Yoga and Qigong in-studio	Core Strengthening in-studio	Self Healing with Wooden Pillow in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio	Core Strengthening in-studio	Tai Chi and Qigong in-studio online
12:00 PM ~ 01:00 PM	Meditation in-studio						Core Strengthening in-studio
12:00 PM ~ 01:00 PM	Meditation online		Meditation online		Meditation online		Yoga and Qigong online
05:00 PM ~ 06:00 PM			Core Strengthening in-studio		Meditation in-studio online		
06:00 PM ~ 07:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
06:30 PM ~ 07:30 PM		Core Strengthening in-studio	Self Healing with Wooden Pillow in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio		
					Yoga and Qigong		

08:00 PM ~ 09:00 PM					online		
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