

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Norridge, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:30 AM							Core Strengthening in-studio online
09:30 AM ~ 10:30 AM			Tai Chi in-studio online		Body & Brain Yoga [All levels] in-studio online		
10:30 AM ~ 11:30 AM		Core Strengthening in-studio online		Body & Brain Yoga [All levels] in-studio online			Open Class in-studio online
06:30 PM ~ 07:30 PM		Core Strengthening in-studio online	Self Healing with Wooden Pillow in-studio online		Yoga and Qigong in-studio online		
07:00 PM ~ 08:00 PM			Body & Brain Yoga [All levels] online				
07:30 PM ~ 08:30 PM					Tai Chi online		