

# WEEKLY SCHEDULE

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

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

			online		online		
	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
			Body & Brain Yoga [All levels]		Body & Brain Yoga [All levels]		
<b>09:00 PM ~ 10:00 PM</b>			online		online		