

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Orland Park, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM			Tai Chi online	Core Strengthening online	Body & Brain Yoga [All levels] online		
09:00 AM ~ 10:00 AM		Tai Chi online	Body & Brain Yoga [All levels] in-studio online	Energy Movement online	Tai Chi in-studio online	Self Healing with Wooden Pillow online	Body & Brain Yoga [All levels] online
10:00 AM ~ 11:00 AM	Body & Brain Yoga [All levels] online	Core Strengthening in-studio online		Body & Brain Yoga [All levels] in-studio online		Energy Movement in-studio online	Tai Chi online
11:00 AM ~ 12:00 PM							Yoga for Seniors in-studio online
12:00 PM ~ 01:00 PM			Tai Chi online		Body & Brain Yoga [All levels] online		
06:30 PM ~ 07:30 PM				Body & Brain Yoga [All levels] (In-Studio)			
06:30 PM ~ 07:30 PM		Tai Chi and Qigong in-studio online	Self Healing with Wooden Pillow in-studio online	Tai Chi online	Body & Brain Yoga [All levels] online	Meditation online	
06:30 PM ~ 07:30 PM					Tai Chi (In-Studio)	Energy Movement	

	SUN	MON	TUE	WED	THU	(In-Studio) FRI	SAT
			Body & Brain Yoga [All levels]		Tai Chi		
07:30 PM ~ 08:30 PM			online		online		