

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Skokie, IL

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

