

# 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				
09:00 AM ~ 10:00 AM		Tai Chi online			Tai Chi in-studio online		
10:00 AM ~ 11:00 AM							Tai Chi online
12:00 PM ~ 01:00 PM			Tai Chi online			Tai Chi online	
02:00 PM ~ 03:00 PM	Tai Chi in-studio online						
06:30 PM ~ 07:30 PM		Tai Chi and Qigong in-studio online		Tai Chi and Qigong in-studio online			
07:30 PM ~ 08:30 PM					Tai Chi online		
08:30 PM ~ 09:30 PM					Tai Chi and Qigong (In-Studio)		

