

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Norridge, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
08:30 AM ~ 09:30 AM							Body & Brain Yoga [All levels] in-studio online
09:30 AM ~ 10:30 AM			Tai Chi in-studio online		Energy Movement in-studio online		
10:00 AM ~ 11:00 AM	Body & Brain Yoga [All levels] online	Core Strengthening in-studio online		Yoga and Qigong in-studio online		Body & Brain Yoga [All levels] in-studio online	
10:30 AM ~ 11:30 AM							Body & Brain Yoga [All levels] in-studio online
01:00 PM ~ 02:00 PM		Chair Yoga in-studio online			Chair Yoga in-studio online		
06:30 PM ~ 07:30 PM		Core Strengthening in-studio online					
06:30 PM ~ 07:30 PM				Tai Chi in-studio online			
06:30 PM ~ 07:30 PM			Energy Movement		Body & Brain Yoga [All levels]		

			in-studio online.		in-studio online.		
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