

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Norridge, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
09:30 AM ~ 10:30 AM			Tai Chi in-studio online				
10:00 AM ~ 11:00 AM				Yoga and Qigong in-studio online			
06:30 PM ~ 07:30 PM				Tai Chi in-studio online			
06:30 PM ~ 07:30 PM		Yoga and Tai Chi in-studio online					