

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Westmont, IL

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