

# WEEKLY SCHEDULE

## Body & Brain Yoga Tai chi, Mt. Prospect, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM			Yoga and Qigong online			Yoga and Qigong online	
10:00 AM ~ 11:00 AM	Yoga and Qigong in-studio			Yoga and Qigong in-studio	Tai Chi and Qigong in-studio		Tai Chi in-studio
12:00 PM ~ 01:00 PM							Yoga and Qigong online
06:00 PM ~ 07:00 PM				Tai Chi and Qigong online			
06:30 PM ~ 07:30 PM				Yoga and Qigong in-studio	Tai Chi and Qigong in-studio		
08:00 PM ~ 09:00 PM					Yoga and Qigong online		