

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Skokie, IL

	SUN	MON	TUE	WED	THU	FRI	SAT
07:00 AM ~ 08:00 AM			Tai Chi and Qigong online				
09:00 AM ~ 10:00 AM				Tai Chi and Qigong online			
10:00 AM ~ 11:15 AM		Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio			
10:00 AM ~ 11:00 AM					Tai Chi and Qigong online		Yoga and Tai Chi online
12:00 PM ~ 01:00 PM							Yoga and Tai Chi online
06:00 PM ~ 07:00 PM				Tai Chi and Qigong online			
06:30 PM ~ 07:45 PM		Tai Chi and Qigong in-studio		Tai Chi and Qigong in-studio			
					Tai Chi and		

06:30 PM ~ 07:30 PM					Qigong online		
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