

# WEEKLY SCHEDULE

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

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