

# WEEKLY SCHEDULE

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

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