

WEEKLY SCHEDULE

Body & Brain Yoga Tai chi, Westmont, IL

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