

# WEEKLY SCHEDULE

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

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