

WEEKLY SCHEDULE

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

	SUN	MON	TUE	WED	THU	FRI	SAT
09:00 AM ~ 10:00 AM		Core Strengthening online	Yoga and Qigong online	Energy Movement online		Yoga and Qigong online	
10:00 AM ~ 11:00 AM	Yoga and Qigong in-studio	Core Strengthening in-studio	Self Healing with Wooden Pillow in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio		Tai Chi in-studio
12:00 PM ~ 01:00 PM			Meditation online		Meditation online		Yoga and Qigong online
06:00 PM ~ 07:00 PM		Core Strengthening online		Tai Chi and Qigong online		Energy Movement online	
06:30 PM ~ 07:30 PM		Core Strengthening in-studio	Self Healing with Wooden Pillow in-studio	Yoga and Qigong in-studio	Tai Chi and Qigong in-studio		
08:00 PM ~ 09:00 PM					Yoga and Qigong online		