

TAI CHI CLASSES 11/12 - TUNBRIDGE WELLS

Katherine Allen

Registered Instructor TCUGB, BCCMA, PTCCI (Level 8)

www.katherineallen-taiji.com

Mondays 9 - 10am - LA membership required

LA Fitness, Market Square, Camden Road

Qigong and tai chi hand form.

Mondays 11.15am - 12.15pm - gentle for 50+

Albert Suite, Camden Centre, Market Square, Camden Road

September to June

Qigong with some tai chi hand form.

Thursdays 5.15 - 6.15/6.30pm - moderately active

St. Barnabas Church Hall, Quarry Road

September to June - school term breaks

Qigong + all aspects of Tai Chi except self-defence.

Thursdays 7 - 8.15/8.30pm - active

St. Barnabas School Hall, Quarry Road

September to June - school term breaks

Qigong + all aspects of Tai Chi including self-defence.

Saturdays 11am - 12pm

Dunorlan Park - May to September

A fun outdoors class with no booking required - simply turn up when you can. Please note that the ground is uneven and can present difficulties for those with poor balance.

1-to-1 or Small Groups

Times and content by arrangement.

***For further details about any of the above classes,
contact Katherine***

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