

DAY	TIME	CLASS	LEVEL	VENUE
MONDAY	09:30 - 10:30	TAI CHI	Beginners	1. LENHAM COMMUNITY CENTRE
	10:45 - 11:45	QIGONG	Beginners	
	12.00 - 1:00	TBC		
TUESDAY	TBA	Available on selected dates for corporate, private and one-off bookings		
WEDNESDAY	09:45 - 10:45	TAI CHI	Intermediate/Advanced	2. KBT Bexleyheath
	11:15 - 12:15	TAI CHI	Beginners	
	1:30 - 2:30pm	TAI CHI	Intermediate	3. ELTHAM
THURSDAY	9:30 - 10:30	QIGONG	Beginners Welcome	2. KBT Bexleyheath
FRIDAY	TBA	Available on selected dates for corporate, private and one-off bookings		

Please check for availability and pre-pay to book your place before attending a class .

Venues:

1. Lenham Community Centre, Groom Way, Lenham, Maidstone, Kent ME17 2QT
2. KBT ACADEMY, 16 Upland Road, Bexleyheath DA7 4NR
3. ELTHAM UNITED REFORMED CHURCH, 1 Court Road, Eltham SE9 5AD

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