

DAY	TIME	CLASS	LEVEL	VENUE
MONDAY	10:15 - 11:15	MEDITATION	Beginners Welcome	1. ELTHAM
	11:30 - 12:30	TAI CHI	Intermediate	
	12.45 - 1:45	TAI CHI	Beginners	
	7:30 - 8:30pm	QIGONG	Beginners Welcome	2. PANTILES Bexleyheath
TUESDAY	TBA	Available on selected dates for corporate, private and one-off bookings		
	8:00 - 9:30pm	MEDITATION ON SELECTED DATES See website for details		
WEDNESDAY	10:00 -11:00	TAI CHI	Intermediate	3. KBT
	11:15 - 12:15	TAI CHI	Beginners	
	1:00 - 3:15pm	Community Teaching		
	7:00 - 8:30pm	TAI CHI	Advanced	4. BEAN ROAD
	7:30 - 9:00pm	TAI CHI	Intermediate	
	8:00 - 9:00pm	TAI CHI	Beginners	
THURSDAY	10:00 -11:00	QIGONG	Beginners Welcome	3. KBT
	12:00 - 1:00pm	TAI CHI	Beginners	5. ST JOHN'S SIDCUP
	12:30 - 1:30pm	TAI CHI	Intermediate	
	8:00 - 9:30pm	MEDITATION ON SELECTED DATES See website for details		
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. **ELTHAM UNITED REFORMED CHURCH**, 1 Court Road, Eltham SE9 5AD
2. **PANTILES METHODIST CHURCH**, Hurlingham Road, Bexleyheath DA7 5PF
3. **KBT ACADEMY**, 16 Upland Road, Bexleyheath DA7 4NR
4. **SCOUT HALL, BEAN ROAD, BEXLEYHEATH DA6 8HN** (entrance between houses 38 & 40 - follow path to hall)
5. **ST JOHN'S CHURCH**, Church Road, Sidcup DA14 6BX