

T'ai Chi Chuan

BURWELL, ELY, Reach, Soham

WWW.GREY-HERON.COM



**IMPROVE Balance, Posture, Focus,
Fitness, Strength & Co-Ordination**

Mondays

Reach Village Hall (£10)

10.30am - 12pm

T'ai Chi and Tea!

Soham Scout Hut (£4)

1.15pm - 2.15pm

Seated T'ai Chi Mobility.
Balance & Strength

Burwell Day Centre (£6)

5pm - 6pm

T'ai Chi Strength

Wednesdays

Burwell Sports Centre (£4)

10am - 11am : Improvers

11am - 12pm : Beginners

Reach Village Hall (£6)

12.30pm - 1.30pm

Chen Style : Beginners

THURSDAYS

Paradise Centre, Ely (£5)

Keep Active Ely

10am - 11am

T'ai Chi Health, Beijing 24 Step

Burwell Sports Centre (£4)

12pm - 1pm Seated T'ai Chi
Strength & Balance

1pm - 2pm T'ai Chi Fitness,
Stretch & Strength (moderate)

FRIDAYS

Online Only (£5)

Please contact Fara for links.

9.30 - 10.30 T'ai Chi Chuan
(Improvers)

10.45- 12.15 T'ai Chi Fitness



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