

Belfast Chen Style Tai Chi School

Weekly Class schedule 2022-2023

Private Classes: 12th September 2022 – June 2023

Public Classes: Belfast Metropolitan College start back 12th September 2022

Now Available* Private 1:1 session with Julie-Anne Johnston

	Time	Level	Venue	Contact
Tuesday	18:00 - 19:30	Beginners Introduction to T'ai Chi	BMC Castlereagh Campus Montgomery Road Castlereagh	Central Admissions https://www.belfastmet.ac.uk
	19:30 - 21:00	Intermediate	BMC Castlereagh Campus Montgomery Road Castlereagh	Central Admissions https://www.belfastmet.ac.uk
Wednesday	12:30 - 13:30	Beginners with mixed abilities	Maitri Studio 4 The Mount, Belfast	Julie-Anne Johnston 075 777 147 48
	14:00 - 15:00	Mixed Abilities (Private 1:1)	Maitri Studio 4 The Mount, Belfast	Julie-Anne Johnston 075 777 147 48
	18:00 - 19:30	Beginners with mixed abilities	BMC Castlereagh Campus Montgomery Road Castlereagh	Central Admissions https://www.belfastmet.ac.uk
	19:30 - 21:00	Mixed Abilities	BMC Castlereagh Campus Montgomery Road Castlereagh	Central Admissions https://www.belfastmet.ac.uk
Thursday	18:00 - 19:30	Beginners with mixed abilities	BMC Castlereagh Campus Montgomery Road Castlereagh	Central Admissions https://www.belfastmet.ac.uk
	19:30 - 21:00	Intermediate with mixed abilities	BMC Castlereagh Campus Montgomery Road Castlereagh	Central Admissions https://www.belfastmet.ac.uk
Friday	11:30 - 12:30	Beginners	Moneyreagh Community Centre: 36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB	Julie-Anne Johnston 075 777 147 48
	12:30 - 13:30	Intermediate with mixed abilities	Moneyreagh Community Centre: 36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB	Julie-Anne Johnston 075 777 147 48
	16:00 - 17:00	Beginners	Physio Works NI: 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48

	Time	Level	Venue	Contact
Friday	17:00 – 18:00	Mixed Abilities (Private 1:1)	Physio Works NI: 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48
	18:00 – 19:00	Mixed Abilities (Private 1:1)	Physio Works NI: 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48
Saturday	11:30 – 12:30	Beginners	Moneyreagh Community Centre: 36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB	Julie-Anne Johnston 075 777 147 48
	12:30 – 13:30	Intermediate with mixed abilities	Moneyreagh Community Centre: 36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB	Julie-Anne Johnston 075 777 147 48
	16:00 – 17:00	Mixed Abilities (Private 1:1)	Physio Works NI: 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48
	17:00 – 18:00	Mixed Abilities (Private 1:1)	Physio Works NI: 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48
	18:00 – 19:00	Mixed Abilities (Private 1:1)	Physio Works NI: 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48
	14:00 – 15:00	Beginners with mixed abilities	Moneyreagh Community Centre: 36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB	Julie-Anne Johnston 075 777 147 48
Sunday	16:00 – 17:00	Mixed Abilities (Private 1:1)	Physio Works NI: 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48
	17:00 – 18:00	Mixed Abilities (Private 1:1)	Physio Works NI: 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48
	18:00 – 19:00	Mixed Abilities (Private 1:1)	Physio Works NI: 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48