

# Belfast Chen Style Tai Chi School

Weekly Class schedule New Year's 2022

**Private Classes: 22nd February 2022 – June 2022**

**Public Classes: Belfast Metropolitan College start back 22nd February 2022\***

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

|           | Time          | Level                                 | Venue                                                                                           | Contact                                                                                       |
|-----------|---------------|---------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Tuesday   | 12:30 - 13:30 | Mixed Abilities                       | <b>Moneyreagh Community Centre:</b><br>36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB | Julie-Anne Johnston<br>075 777 147 48                                                         |
|           | 14:00 – 15:00 | <b>Mixed Abilities (Private 1:1)</b>  | <b>Moneyreagh Community Centre:</b><br>36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB | Julie-Anne Johnston<br>075 777 147 48                                                         |
|           | 18:00 - 19:30 | Beginners<br>Introduction to T'ai Chi | <b>BMC Castlereagh Campus</b><br>Montgomery Road<br>Castlereagh                                 | Central Admissions<br><a href="https://www.belfastmet.ac.uk">https://www.belfastmet.ac.uk</a> |
|           | 19:30 – 21:00 | Beginners<br>Introduction to T'ai Chi | <b>BMC Castlereagh Campus</b><br>Montgomery Road<br>Castlereagh                                 | Central Admissions<br><a href="https://www.belfastmet.ac.uk">https://www.belfastmet.ac.uk</a> |
| Wednesday | 12:30 – 13:30 | Beginners with mixed abilities        | <b>Maitri Studio</b><br>4 The Mount, Belfast                                                    | Julie-Anne Johnston<br>075 777 147 48                                                         |
|           | 14:00 – 15:00 | <b>Mixed Abilities (Private 1:1)</b>  | <b>Maitri Studio</b><br>4 The Mount, Belfast                                                    | Julie-Anne Johnston<br>075 777 147 48                                                         |
|           | 18:00 – 19:30 | Beginners with mixed abilities        | <b>BMC Castlereagh Campus</b><br>Montgomery Road<br>Castlereagh                                 | Central Admissions<br><a href="https://www.belfastmet.ac.uk">https://www.belfastmet.ac.uk</a> |
|           | 19:30 – 21:00 | Mixed Abilities                       | <b>BMC Castlereagh Campus</b><br>Montgomery Road<br>Castlereagh                                 | Central Admissions<br><a href="https://www.belfastmet.ac.uk">https://www.belfastmet.ac.uk</a> |
| Thursday  | 12:30 – 13:30 | Beginners with mixed abilities        | <b>Maitri Studio</b><br>4 The Mount, Belfast                                                    | Julie-Anne Johnston<br>075 777 147 48                                                         |
|           | 14:00 – 15:00 | <b>Mixed Abilities (Private 1:1)</b>  | <b>Maitri Studio</b><br>4 The Mount, Belfast                                                    | Julie-Anne Johnston<br>075 777 147 48                                                         |
|           | 18:00 – 19:30 | Beginners with mixed abilities        | <b>BMC Castlereagh Campus</b><br>Montgomery Road<br>Castlereagh                                 | Central Admissions<br><a href="https://www.belfastmet.ac.uk">https://www.belfastmet.ac.uk</a> |
|           | 19:30 – 21:00 | Intermediate with mixed abilities     | <b>BMC Castlereagh Campus</b><br>Montgomery Road<br>Castlereagh                                 | Central Admissions<br><a href="https://www.belfastmet.ac.uk">https://www.belfastmet.ac.uk</a> |

|          | Time          | Level                                | Venue                                                                                           | Contact                               |
|----------|---------------|--------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------|
| Friday   | 12:30 - 13:30 | Intermediate with mixed abilities    | <b>Moneyreagh Community Centre:</b><br>36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB | Julie-Anne Johnston<br>075 777 147 48 |
|          | 18:30 – 19:30 | Beginners with mixed abilities       | <b>Physio Works NI:</b><br>107-109 Gilnahirk Road, Dundonald                                    | Julie-Anne Johnston<br>075 777 147 48 |
|          | 19:30 – 20:30 | <b>Mixed Abilities (Private 1:1)</b> | <b>Physio Works NI:</b><br>107-109 Gilnahirk Road, Dundonald                                    | Julie-Anne Johnston<br>075 777 147 48 |
| Saturday | 12:30 – 13:30 | Intermediate with mixed abilities    | <b>Moneyreagh Community Centre:</b><br>36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB | Julie-Anne Johnston<br>075 777 147 48 |
|          | 14:00 – 15:00 | <b>Mixed Abilities (Private 1:1)</b> | <b>Moneyreagh Community Centre:</b><br>36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB | Julie-Anne Johnston<br>075 777 147 48 |
| Sunday   | 14:00 – 15:00 | Beginners with mixed abilities       | <b>Moneyreagh Community Centre:</b><br>36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB | Julie-Anne Johnston<br>075 777 147 48 |
|          | 15:30 – 16:30 | <b>Mixed Abilities (Private 1:1)</b> | <b>Moneyreagh Community Centre:</b><br>36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB | Julie-Anne Johnston<br>075 777 147 48 |