

# Belfast Chen Style Tai Chi School

Weekly Class schedule New Year 2024

Private Classes: 8 January 2024 - June 2024

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

Day	Time	Level	Venue	Contact
Monday	19:00 - 20:30	Beginners (1900 - 20:00) Mixed Abilities (20:00 - 20:30)	<b>Moneyreagh Community Centre:</b> 36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB	Julie-Anne Johnston 075 777 147 48 (Text to book)
	18:00 - 19:30	Beginners Introduction to T'ai Chi	<b>BMC Castlereagh Campus</b> Montgomery Road Castlereagh	Central Admissions <a href="https://www.belfastmet.ac.uk">https://www.belfastmet.ac.uk</a>
Tuesday	19:30 - 21:00	Mixed Abilities	<b>BMC Castlereagh Campus</b> Montgomery Road Castlereagh	Central Admissions <a href="https://www.belfastmet.ac.uk">https://www.belfastmet.ac.uk</a>
	18:00 - 19:30	Beginners Introduction to T'ai Chi	<b>BMC Castlereagh Campus</b> Montgomery Road Castlereagh	Central Admissions <a href="https://www.belfastmet.ac.uk">https://www.belfastmet.ac.uk</a>
Wednesday	19:30 - 21:00	Mixed Abilities	<b>BMC Castlereagh Campus</b> Montgomery Road Castlereagh	Central Admissions <a href="https://www.belfastmet.ac.uk">https://www.belfastmet.ac.uk</a>
	13:00 - 14:00	Beginners	<b>Maitri Studio</b> 4 The Mount, Belfast	Julie-Anne Johnston 075 777 147 48 (Text to book)
Thursday	14:00 - 15:00	Mixed Abilities <i>(Private 1:1)</i>	<b>Maitri Studio</b> 4 The Mount, Belfast	Julie-Anne Johnston 075 777 147 48 (Text to book)
	15:00 - 16:00	Mixed Abilities <i>(Private 1:1)</i>	<b>Maitri Studio</b> 4 The Mount Belfast	Julie-Anne Johnston 075 777 147 48 (Text to book)
Friday	12:30 - 13:30	Mixed Abilities	Moneyreagh Community Centre: 36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB	Julie-Anne Johnston 075 777 147 48 (Text to book)
	15:00 - 16:00	Beginners	<b>Physio Works NI:</b> 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48 (Text to book)
	16:00 - 17:00	Mixed Abilities	<b>Physio Works NI:</b> 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48 (Text to book)
	18:00 - 19:00	Mixed Abilities <i>(Private 1:1)</i>	<b>Physio Works NI:</b> 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48 (Text to book)

Day	Time	Level	Venue	Contact
Saturday	11:00 - 12:00	Mixed Abilities Meditation Class tbc	<b>Moneyreagh Community Centre:</b> 36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB	Julie-Anne Johnston 075 777 147 48 (Text to book)
	12:30 - 13:30	Mixed Abilities	<b>Moneyreagh Community Centre:</b> 36A Church Rd, Castlereagh, Moneyreagh, Belfast BT23 6BB	Julie-Anne Johnston 075 777 147 48 (Text to book)
	15:00 - 16:00	Treatment Session	<b>Physio Works NI:</b> 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48 (Text to book)
	16:00 - 17:00	Treatment Session	<b>Physio Works NI:</b> 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48 (Text to book)
	17:00 - 18:00	Treatment Session	<b>Physio Works NI:</b> 107-109 Gilnahirk Road, Dundonald	Julie-Anne Johnston 075 777 147 48 (Text to book)