

WEEKLY CLASSES 2021

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VENUE	BIRDSLAND	TECOMA	TECOMA	BIRDSLAND		TECOMA	
MORNING CLASSES	Taoist Meditation 9:00-10:00am	Qigong 9:30-10:30am	Qigong 9:30-10:30am	Taoist Meditation 9:00-10:00am		Tai Chi Wudang 28 9:30-10:30am	
	Qigong & Tai Chi 10:00-11:00am	Tai Chi Yin Water Form 10:30-11:30am	Tai Chi 10:30-11:30am	Qigong 10:00-11:00am		Tai Chi Fu Chen 10:30-11:30am	
	Fu Chen & Sword 11:00-12:00pm	Tai Chi Fu Chen 11:30-12:30pm		BELGRAVE Private Classes			
AFTERNOON CLASSES			Childrens Class 4:00-5:00pm	BELGRAVE Private Classes		BELGRAVE Private Classes	
EVENING CLASSES			Qigong 6:00-7:00pm				
			Tai Chi Wudang 28 7:00-8:00pm				
			Tai Chi Sword 8:00-9:00pm				



Classes suitable for newcomers

VENUES: **BIRDSLAND** Birdsland Environmental Education Centre, 271 Mt Morton Road, Belgrave Heights

TECOMA Tecoma Uniting Church, 1566 Burwood Highway, Tecoma

BELGRAVE Belgrave - details on booking

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