

Monday	10.15-11.00am 11.30-12.30pm 7.00-9.00pm	Tai Chi Form - Oakham, Rutland Tai Chi Form - Gloucester House, Melton Mowbray Kendo*
Tuesday	10.00-11.00am 12.30-1.30pm 2.30-3.30pm 4.00-5.00pm 6.00-7.00pm	Tai Chi Form - The Pavilion, Huncote Tai Chi Form - Clarence House, Leicester Tai Chi Form - Age UK Earl Shilton Tai Chi Beginners - Markfield Community Centre, Markfield Karate Fitness*
Wednesday	9.15-10.15am 11.00am-12.00pm 4.00-5.00pm 6.00-7.30pm 7.30-8.30pm 8.30-9.30pm	Tai Chi Form - Oadby, Leicester Tai Chi Form - Eyres Monsell Community Centre Tai Chi Form Practice (Informal class for students wishing to practice with supervision) The Erle Montaigne System Advanced Training Push Hands (Informal Training Session) Tai Chi Form (1st, 2nd & Beginner's 3rd Third)
Thursday	1.30-2.30pm 5.00-6.00pm 6.00-7.00pm 7.00-8.00pm	Tai Chi Form (1st, 2nd & Beginner's 3rd Third) Tai Chi For Kids (Under 14's) Weapons Training Tai Chi Form
Friday	9.00-9.45am 10.00-11.00am 4.00-5.00pm 6.00-7.00pm 7.00-8.30pm	Tai Chi Form - Catherine House, Leicester Tai Chi Form - Brock's Hill Country Park, Oadby, Leicester (Outdoor practice, weather permitting) Tai Chi Baguazhang (Beginners) Aikido*
Saturday	10.00-10.30am 10.30-11.30am 12.00-1.00pm 1.00-2.30pm 3.00-4.00pm	Qigong Tai Chi (1st, 2nd & 3rd Thirds) Small San-sau Combat Tai Chi & Baguazhang For Self-Defence Tai Chi (Beginner's 1st Third)
Sunday	Workshops	To be held on the last Sunday of each month. Please check noticeboards for subject & dates of next event or contact us on the details below.

Prices: **FIRST SESSION FREE**

Adults: £8/Session
(Monthly Rates Available Upon Request)

Students/OAP's/Children: £6/Session

All classes highlighted in blue are held at our purpose built studio. Please confirm details for all other venues with Nasser.

* - Please note that these sessions are non-school events run by independent instructors.

All classes are subject to change depending upon weekly attendances. All participants will be notified of any changes in advance.