



ASSISTED TAI CHI



士魂武道会

Shi Kon Martial Arts Club

Fridays

Chair based: 4pm - 5pm. Visually Impaired: 5pm - 6pm,
Venue: Sunlight Centre, Gillingham (in the main hall)

For anyone aged 10 years +. Adults and children welcome.

- Chair Based Tai Chi classes
- Visually Impaired Tai Chi classes

Cost: £25 per month or book to have a FREE trial.

Contact: Jez Walters, **01634 581092** / info@shikon.com

