

# T039ai Chi Classes (5 GBP)



Location **South East, Kent**  
<https://www.freeadsz.co.uk/x-316650-z>



New members and beginners welcome! Looking for a gentle way to increase flexibility and general fitness? T'ai Chi has medically recognised benefits in a number of areas of health and is a sociable way of keeping fit. Join our friendly sessions at Hodsoll Street and Ridley Village Hall, TN15 7LE ([www.hodsollstreet-ridley.co.uk](http://www.hodsollstreet-ridley.co.uk)) £5 per session. Timing for 2016 has changed to Tuesdays 6:0-7:0pm. ;



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