Monday
Frederick Street Health Village - *Taijiquan (Tai Chi)* 24-step simplified form 9:30-10:30am
(over 65’s only), drop-in class
Rubislaw Church Centre - *Qigong* 11am-12noon
drop-in class
Unitarian Church Hall - *Wudang Five Animals Health Qigong* 7-8pm
drop-in class
Unitarian Church Hall - *24-step simplified form Taijiquan (Tai Chi)* 8-9pm
drop-in class

Tuesday
Citymoves Studio - *Taijiquan (Tai Chi)* 24-step simplified form 1-2pm
drop-in class
Kincorth Community Centre - *Mindful Movements* 7:30-9pm
(restarts 21st August) drop-in class

Wednesday
Confucius Institute, University of Aberdeen - *Taijiquan 24-step simplified form*
contact the Confucius Institute confucius@abdn.ac.uk

Thursday
Catherine Street Community Centre - *Taijiquan (Tai Chi)* 24-step simplified form 9:45-10:45am
drop-in class

Friday
Frederick Street Health Village - *Qigong* 10-11am
(over 65’s only), drop-in class