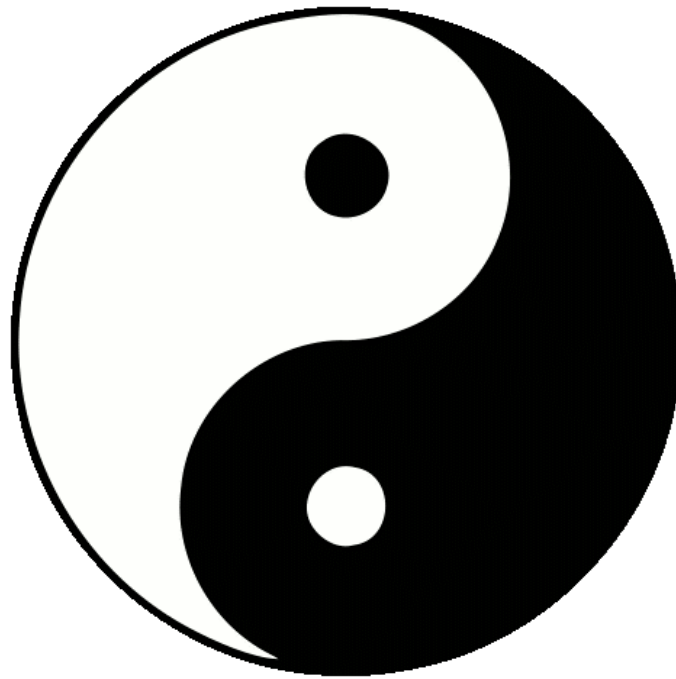


Tai Chi



An ancient Chinese relaxation exercise,
practised in gentle flowing movements,
for

Health, Wellbeing, and Mindfulness

Summer term 2026: Classes for beginners start...

Tue 28 Apr	11:15 am	St Albans
Thurs 30 Apr	7:00 pm	St Albans
Fri 1 May	10:20 am	Welwyn Garden City

First class for NEW beginners is FREE



More details on: www.hertstaichichuan.com
or call Kevin 07746 199462

Summer 2026 full class schedule*

*Provisional at Mar 2026. Final schedule will be confirmed in week 1 of the term

Tuesday (Daytime) St Albans

10 weeks from 28 Apr to 7 Jul (26 May = half term break)

Homewood Road URC Hall, Homewood Rd, AL1 4BH

11:15am B1 (Beginners 1st third)

12:20pm B2 (Beginners 2nd third) *

13:25pm Fundamentals Awareness *

Charles Morris Hall, Tyttenhanger, AL4 0RN

15:00pm B3 (Beginners 3rd third) *

Thursday (Evening) St Albans

10 weeks from 30 Apr to 9 Jul (28 May = half term break)

Ss Alban & Stephen Primary School (Upper Site), Cecil Rd, AL1 5EG

7:00pm B1 (Beginners 1st third)

[Main room]

7:00pm B2 (Beginners 2nd third) *

[Small room]

8:15pm Intermediate Form *

[Main room]

8:15pm N/A

[Small room]

Friday (Daytime) Welwyn Garden City

10 weeks from 1 May to 10 Jul (29 May = half term break)

Vineyard Barn, Welwyn Garden City, AL8 7PU

9:00am Fundamentals *

[Main room]

9:00am B2 (Beginners 2nd third) *

[Small room]

10:20am B1 (Beginners 1st third)

[Main room]

10:20am TBD (eg second half B1 => B2) *

[Small room]

11:30am Advanced Practice (IF/Sword/PH) *

[Main room]

11:30am N/A

[Small room]



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