

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
7.00am							
8.00am		7.30 - 9.00 Chi Kung. The Barn. Farnham.	7.30 - 9.00 T'ai Chi Chuan. The Barn, Farnham.				
9.00am					9.00 - 9.55 Chi Kung. Bagshot Pavillion.	9.00 - 12.00. 2nd Sat of each month. Yang Style T'ai Chi Chuan, Chi Kung, & Push Hands.	9.00 - 12.00. 1st Sun of each month. Self-defence for all.
10.00am	10.00 - 11.15 Chen style T'ai Chi Chuan & Chi Kung. St. Michael's, Bracknell.	10.30 - 11.45 Seated T'ai Chi for the Elderly. Sunrise.	10.30 11.30 T'ai Chi & Chi Kung for the elderly.	10.45 - 11.45 Seated T'ai Chi & Chi Kung for the Elderly.	10.00 - 11.15 Yang Style T'ai Chi Chuan.		
11.00am	Bracknell & Wokingham College.	Fleet. Rushmoor Healthy Living.	Aldershot. Rushmoor Healthy Living.	St John's, Cove. RHL.	Bagshot Pavillion.	St. Francis Hall. Camberley/Frimley.	
12.00pm				12.15 - 1.15 Seated T'ai Chi & Chi Kung for the Elderly.			9.00am - 4.00pm. Last Sun of each month.
1.00pm	1.45 - 2.45 Self-defence for Women. Camberley Adult Ed.	1.45 - 2.45 Self-defence for Women. Farnham Adult Ed.	1.30 - 3.30 Chi Kung & T'ai Chi	Stuart Jones, Farnborough. RHL.	1.00 - 2.15 Chi Kung for Health, Vitality & Balance.		Specific all day courses for all Cotton Hands TCC Students.
2.00pm			Help the Aged		Radstock Lane, Earley. Bracknell & Wokingham College.		
3.00pm		3.00 - 4.15 Martial Arts based Fitness.	Reading.				Bagshot Pavillion
4.00pm		Farnham Adult Ed.					See Course Calendar.
5.00pm							
6.00pm		6.30 - 7.45 Yang Style T'ai Chi Chuan & Chi Kung.					
7.00pm		Connaught Leisure Centre. Aldershot.					
8.00pm		8.30 - 9.45 Martial Arts based Fitness.	8.45 - 10.00 Yang Style T'ai Chi Chuan & Chi Kung.				
9.00pm		Camberley Adult Ed.	The Arena. Camberley.				
10.00pm							