

**Activity**

Tai Chi Taster Group

**When**

4.30pm – 5pm, third Monday of every month

**Where**

Training Room, Number 6

**Cost**

Free

**More Information**

- This is a fairly new group to the Number 6 calendar.
- Andrew Horseman is running this group which is an introduction to Tai Chi.
- It is run at a very gentle pace.
- Newcomers are welcome to come along to try it out.