



Burnaby Neighbourhood House

TAI CHI & SWORD CLASSES (55+)

Tai Chi 24 - Beginner

Wednesdays 10:00 am - 12:00 pm

Tai Chi Sword

Wednesdays 11:00 am - 12:00 pm

Tai Chi 24 - Intermediate

Fridays 1:00 pm - 2:00 pm

Tai Chi - Advanced

Fridays 2:00 - 3:00 pm

TO REGISTER:

Contact Lea at (236)-668-1712
or leake@burnabynh.ca



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kwikwəłəm), Squamish (Sḵw̱xwú7mesh úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours

CARE

CONNECT

ENGAGE

BELONG