

TAI CHI

SWORD CLASSES (55+)

Tai Chi 24 - Intermediate Wednesdays 10:00 am - 11:00 am

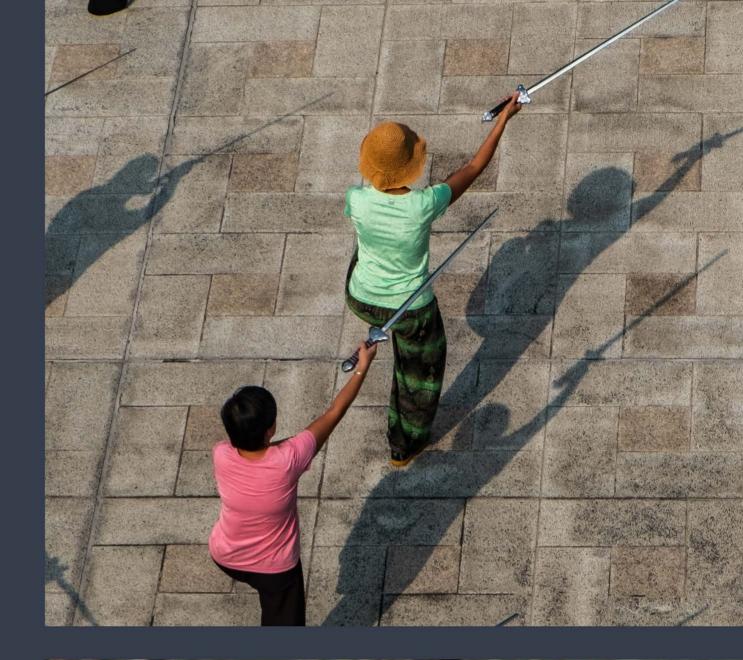
Tai Chi Sword Wednesdays 11:00 am - 12:00 pm

Tai Chi 24 - Beginner Fridays 1:00 pm - 2:00 pm

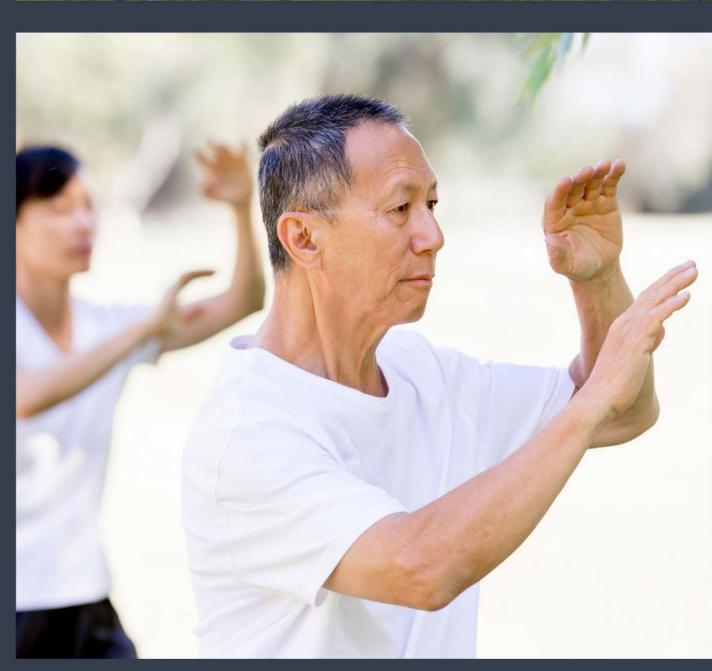
Tai Chi - 48 Advanced Fridays 2:00 pm - 3:00 pm

TO REGISTER:

Contact Lea at (236)-668-1712 or leakeburnabynh.ca







Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwəta?), Kwikwetlem (kwikwəλəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xwməθkwəyəm) nations with a unique focus on neighbours supporting neighbours