

# Tai Chi Classes



**Mondays & Fridays**

***from 11.15am – 12.15pm***

Come and keep fit at our fantastic Tai Chi classes run by  
our experienced tutor

at

**Sudbury Neighbourhood Centre (Middlesex) Ltd,  
809 Harrow Road, Wembley, Middlesex, HA0 2LP**

**Only £5 per person !**

**Everyone welcome**

**\*\*\*\* Call us on 020 8908 1220 to book your place \*\*\*\***

E: [Office@sudburyneighbourhoodcentre.co.uk](mailto:Office@sudburyneighbourhoodcentre.co.uk) W: [www.sudburyneighbourhoodcentre.co.uk](http://www.sudburyneighbourhoodcentre.co.uk)