



Shui Tao Internal Martial Arts

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Class Timetable 2020

| Class | Day | Time | Venue |
|------------------|------------|-----------------|----------------------|
| Tai Chi | Mondays | 6:30pm – 7:30pm | InSpire Rehab Centre |
| Lightning Strike | Wednesdays | 6:30pm – 7pm | The Gym |

| Venue Addresses | |
|---|--|
| Inspire Rehab Centre Spire House Waterside Business Park Ashbourne DE6 1DG | The Gym Southgate Retail Park Normanton Road Derby DE23 6UQ |
| Please Note: Group Training and 1-1 Instruction also available, please contact me for more information. | |