

Please contact the instructor or our office before attending

Class Name	Type	Address	Postcode	Contact name	Contact details	Day	Time	Status	Cost
Alfreton Tai Chi	Tai Chi	Leisure Centre, Church Street, Alfreton	DE55 7BD	Dave Ashbey	07981 488890	Mon	15:05	space	£9 or £8 for members
Alfreton Strength and Balance	Strength and Balance	Palmer Morewood Club, 36 Hall Street, Alfreton	DE55 7BU	Collette Watson	07778 745650	Wed	11:00am	SPACE	£3.50
Belper CBE & Otago	CBE/Otago	Please ring the office to be put on class waiting list			01773 766922			FULL	
Belper CBE	CBE	Strutts Centre, Derby Road, Belper	DE56 1UU	Christine Holland	07929 132226	Tue	10:30am	space	£4.00
Belper PSG 1	PSG	Strutts Centre, Derby Road, Belper	DE56 1UU	Age UK office	01773 766922	Wed	01:25	space	£5.50
Belper PSG 2	PSG	Strutts Centre, Derby Road, Belper	DE56 1UU	Age UK office	01773 766922	Wed	11:30	space	£5.50
Ripley SA Tai chi	Tai Chi	Salvation Army Hall, 25 Heath Rd, Ripley	DE5 3EN	Linda Christian	01773 741690	Tue	12:30pm	space	£4.00
Riddings Tai Chi	Tai Chi	ADDRESS TO BE CHANGED -either Alfreton or Butterley		Sue Wain	07973 527233	Fri	11am	space	£10.00
The Wellbeing Sanctuary	Qigong and CBE	Alfreton Community Hall, 3-5 Mansfield Road	DE55 7JJ	Sue Wain	07973 527233	Mon	1-3pm		£10.00
Greenwich Tai Chi	Tai Chi	The Greenwich Centre, Nottingham Road, Ripley	DE5 3AY	Sue Wain	07973 527233	Tues	7-8pm		£10.00

Ripley PSG	PSG	Please ring the office to be put on class waiting list		01773 766922	FULL				
Heanor CBE/Otago2	CBE/Otago	Florence Shipley Care Centre, Heanor		Christine Holland	01773 746926	Mon	11.00am	space	£4.50
Horsley CBE	CBE	Horsley Church Hall, Church Street, Horsley	DE21 5BR	Di Cliff	07919 116585	Mon	2-3pm	space	£4.00
Heanor Strength and Balance	CBE/Otago	Infinite Wellbeing Community Centre, High Street, Heanor		Lesley Beresford	07855 409858	Fri	2.30pm	space	£4.00
Somercotes Strength and Balance	Strength and Balance	Birchwood Methodist Church, Birchwood Lane, Somercotes,	DE55 4NE	Anita James	07951 701406	Mon		space	£5.00
Holloway Tai Chi	Tai Chi	Florence Nightingale Memorial Hall, Mill Lane, Holloway	DE4 5BD	Carl Bateman	01332 553365	Fri	2pm	space	£7.50
Heanor Strength and Balance PSG	CBE/Otago/PSI	Please ring the office to be put on class waiting list		FULL					
Langley Mill CBE	CBE	Methodist Church, Station Road		Julie Solomon	07970 669996	Mon	13:30	space	£5
Codnor CBE	CBE	Methodist Church, Mill Lane		Julie Solomon	07970 669996	Wed	10am	space	£5
Marehay CBE	CBE	Marehay Methodist Church		Julie Solomon	07970 669996	Tues	10am	space	£5
Langley Mill Potteries CBE	CBE	Potteries Community Hub, Station Road Shopping Precinct, Langley Mill	NG16 4AF	Charlie Burnley	07796 363731	Mon	10:15	space	£3