

Please contact the instructor or our office before attending a session

Class Name	Type	Address	Postcode	Contact name	Contact number	Day	Time	Status	Cost	
Bakewell Otago	Otago	Town Hall, The Square Bakewell	DE45 1BT	Michelle Abercrombie- Riva	01629 815168	Thurs	1pm	space	£5.00	
Darley Dale CBE	CBE	St Helens Church Hall, Church Road Darley Dale	DE4 2GG	Diane Cliff	01773 768240	Tue	10:00am	space	£3.00	
Cromford CBE	CBE	Cromford Institute	DE4 3RF	Diane Cliff	01773 768240	Tues	11:45			
Bakewell Tai Chi	Tai Chi	Medway Community Centre, New Street, Bakewell	DE45 1DY	Margaret Wood	01433 630142	Wed	9.15am	space		
Tideswell Tai Chi - Mon	Tai Chi	St Johns Institute, Parish Church, Commercial Road, Tideswell		Margaret Wood	01433 630142	Mon	6.15pm	space		
Rowsley Otago	Otago	please contact the office to be put on waiting list			01773 766922				ON HOLD	
Wirksworth CBE and Otago 2	CBE/ Otago	The Pavillion, Recreation Ground, Derby Road, Wirksworth	DE4 4ES	Steph Spencer	07974 029156	Mon	11:15am	space		
Matlock Green PSI	Strength and Balance	Matlock Green Scout Hut, Butts Road,	DE4 3DJ	Sarah Smith	07539 546313	Mon	01:30	space		
Hulland Ward Postural Stability	CBE/ Otago/PSI	please contact the office to be put on waiting list			01773 766922				FULL	£6

Ashbourne Stronger for Longer	CBE/ Otago	Ashbourne Cricket Pavillion, 19 Cokayne Avenue	DE6 1EJ	Katie Burns	01629 761389	Tues		space - but must call before 02:15 attending	£5
Winsters Postural Stability	CBE/ Otago/ PSI	Burton Insitute, West Bank, Winsters	DE4 2DQ	Sue Hamblin	07796 405312	Thurs	1:15pm	SPACE	£6
Ashbourne Otago 1	Otago	The Ashbourne School of Dance, Mayfield Road	DE6 1AS	Tina Dodsworth	01335 344665	Thurs	10:30	space	
Ashbourne Tai Chi	Tai Chi	Town Hall, 22 Market Place, Ashbourne	DE6 1ES	Stuart Ford	07770 848107	Thurs	5:45pm	space	£8
Ashbourne Tai Chi Group	Tai Chi	please contact the office to be put on waiting list			01773 766922			FULL	
Ashbourne & District U3A Qigong	Qigong	Wyaston Village Hall, Main Road, Ashbourne	DE6 2DR	Lindsay Trevarthen	07989 986672	10am	Thu	space	
Ashbourne CBE	CBE/Otago	please contact the office to be put on waiting list			01773 766922			FULL	