

Please contact the instructor or our office before attending a session

Class Name	Type	Address	Postcode	Contact	Contact Number	Day	Time	Status	Cost
Breaston CBE/Otago	CBE/Otago	please contact the office to be put on waiting list		Julie Solomon	07970 669996	Mon	11:00	FULL	£5.00
Draycott PSI	PSI	Draycott Table Tennis Centre, New Street	DE72 3LZ	Michelle Edmonds	07983 456286	Tue	1:30pm	space	£6.00
Ilkeston PSG	Strength & Balance	St Andrew's, Greensires Church	DE7 5GF	Michelle Edmonds	07983 456286	Thu	9:30am	space	£6.00
Epha House CBE	CBE/Otago	Epha House, Shipley Common Lane	DE7 8TS	Lesley Beresford	07855 409858	Tue	10.00am	space	£4.00
Ilkeston PSG 2	Strength & Balance	St Andrew's, Greensires Church	DE7 5GF	Michelle Edmonds	07983 456286	Thu	10:45am	space	£6.00
Long Eaton CBE/Otago2	CBE/Otago	Lacemaker Court, Tamworth Road Long Eaton	NG10 1BH	Michelle Edmonds-Jackson	07983 456286	Mon	11am	SPACE	£6.00
Little Eaton PSG	CBE/Otago/PSG	OAP Hall, 20 Barley Close Little Eaton	DE21 5DJ	Emma Richards	07921 083351	Thu	11am	space	£5.00
Little Eaton Tai Tai Chi Chi - Beginners		Vicarage Hall, Vicarge Lane Little Eaton	DE21 5EA	Carol Gascoyne	07920 080443	Tue	6.30pm	space	£5.00
Little Eaton Tai Tai Chi Chi - Advanced		please contact the office to be put on waiting list			01773 766922			FULL	
Long Eaton Yang Style Tai Chi	Tai Chi	Petersham Hall, Grasmere Road Long Eaton	NG10 4DZ	Julie Barker	07944 111190	Mon	1.30-3.30	space	£5 for 1 hour or £7 for both
Long Eaton Tai Chi	Tai Chi	Petersham Hall, Grasmere Road Long Eaton	NG10 4DZ	Julie Barker	07944 111190	Tue	9:30am	space	£5.00

Petersham Tai Chi for beginners	Tai Chi	Petersham Hall, Grasmere Road Long Eaton	NG10 4DZ	Julie Barker	07944 111190	Thu	10am	£5.00	space
Sandiacre PSI (2)	PSI	Sandiacre Football Club, Stanton Road	NG10 5DZ	Michelle Edmonds	07983 456286	Thu	12.45pm	£6.00	space
Sawley CBE	CBE	All Saints Church, River View, Sawley	NG10 3AT	Emma Quinn	07896 759024	Thu	10.30am	£4.00	space
Sawley Otago	Otago	please contact the office to be put on waiting list			01773 766922			FULL	
Sawley Otago 1	Otago	Sawley Baptist Church, 45 Wilne Road, Sawley	NG10 3AP	Julie Walker	07855 782462	Thu	12:00pm	£4 (or £6 for both)	SPACE
Sawley Otago 2	Otago	Sawley Baptist Church, 45 Wilne Road, Sawley	NG10 3AP	Julie Walker	07856 782462	Fri	11.30am	£4 (or £6 for both)	SPACE
Long Eaton CBE/otago	Strength and Balance	Long Eaton Rugby Club, West Park		Tim Taylor	07766 116700	Tues	1pm	please ask instructor	SPACE
Eventide Strength and Balance PSG	CBE/Otago	Eventide Community Room, Hayeswood Road, Stanley Common		Tim Taylor	07766 116700	Tue	10am	please ask instructor	space
West Hallam Strength and balance	CBE/Otago	Methodist Church, High Lane West, West Hallam	DE7 6JN	Julie Solomon	07970 669996	Thurs	10am		space
Ilkeston Postural Stability	CBE/Otago/PSI	St Thomas Church Hall, Nottingham Road, Ilkeston	DE7 5RF	Amy Green	07985 620212	Mon	10:00	space	£5