# Please contact the instructor or our office before attending a session

| Class Name | Type | Address | Postcode | Contact | Contact Number | Day | Time | Status | Cost |
|---|---|---|---|---|---|---|---|---|---|
| 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 Chi - Beginners | Tai Chi | Vicarage Hall, Vicarge Lane Little Eaton | DE21 5EA | Carol Gascoyne | 07920 080443 | Tue | 6.30pm | space | £5.00 |
| Little Eaton Tai Chi - Advanced | Tai Chi | 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 | space | £5.00 |

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| Sandiacre PSI (2) | PSI | Sandiacre Football Club, Stanton Road | NG10 5DZ | Michelle Edmonds | 07983 456286 | Thu | 12.45pm | space | £6.00 |
| Sawley CBE | CBE | All Saints Church, River View, Sawley | NG10 3AT | Emma Quinn | 07896 759024 | Thu | 10.30am | space | £4.00 |
| 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 | SPACE | £4 (or £6 for both) |
| Sawley Otago 2 | Otago | Sawley Baptist Church, 45 Wilne Road, Sawley | NG10 3AP | Julie Walker | 07856 782462 | Fri | 11.30am | SPACE | £4 (or £6 for both) |
| Eventide Strength and Balance PSG | CBE/Otago | Eventide Community Room, Hayeswood Road, Stanley Common | | Tim Taylor | 07766 116700 | Tue | 10am | space | please ask instructor |
| Ilkeston Postural Stability | CBE/Otago/ PSI | St Thomas Church Hall, Nottingham Road, Ilkeston | DE7 5RF | Amy Green | 07985 620212 | Mon | 10:00 | space | £5 |
| Sandiacre Tai Chi | Tai Chi | Methodist Hall, Butt Stree, Sandiacre | | Tony Ford | sandiacrenw@gmail.com | Friday | 10:30 | | £5 |
| Sandiacre Strength & Balance | CBE & Otago | Sandiacre Library, Doncaster Avenue | NG10 5FJ | Becky Borbash | 07735 853929 | Thurs | 10am | space | £6 |
| Borrowash Strength & Balance | CBE & Otago | Ashbrooke Community Centre, Harrington Avenue, Borrowash | | Becky Borbash | 07735 853929 | Mon | 10:30 | space | £6 |