



Strictly No Falling classes in: Derbyshire Dales (South)



Organisation/ group	Address 1	Address 2	Address 3	Instructor name	Contact No.	Day	Time	Class details	Cost
Three Treasures Qigong 1	InSpire Rehab Centre	Waterside Park, Ashbourne	DE6 1DG	Lindsay Trevarthen	07989 986672	Mon	6.30 - 8.00pm	Tai Chi Qigong	£10.00
Three Treasures Qigong 2	InSpire Rehab Centre	Waterside Park, Ashbourne	DE6 1DG	Lindsay Trevarthen	07989 986672	Wed	9.30 - 11.00am	Tai Chi Qigong	£10.00
Three Treasures Qigong 3	InSpire Rehab Centre	Waterside Park, Ashbourne	DE6 1DG	Lindsay Trevarthen	07989 986672	Fri	10.00 - 11.30am	Tai Chi Qigong	£10.00
Ashbourne Otago	The Ashbourne School of Dance	Mayfield Road	Ashbourne	Tina Dodsworth	01335 344665	Thu	10.30 - 11.30am	OTAGO	£5.00
Ashbourne Tai Chi	Ashbourne Leisure Centre	Station Road Ashbourne	DE6 1DR	Russel Parkin	07896 309 819	Wed	10.30 - 11.30am	Tai Chi	£25.00 per quarter
Parkinson's Tai Chi	The Hub, Unit 3	Wellington Place, Blenheim Road Industrial Estate	DE6 1HA	Kaye Burnett/ John Collinson	01335 324750/ 07768 279583	Fri	2.00 - 3.00pm	Tai Chi (Qigong)	£5.00 or £2.50 for P UK members
Ashbourne LC CBE	Ashbourne Leisure Centre	Station Road Ashbourne	DE6 1DR	Helen Hutchinson	01335 343712	Thu	11.00 - 12.00	CBE	£4.55 concessions available



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Hulland Ward Otago	Millennium Village Hall	Hulland Ward Ashbourne	DE6 3EA	Sam Armstrong	07860 478409	Tue	11.45-12.45	OTAGO	£5.00