



Strictly No Falling classes in: Erewash



| Organisation/ group | Address 1 | Address 2 | Address 3 | Instructor name | Contact No. | Day | Time | Class details | Cost |
|---------------------------------|---|-----------------------------|-----------|--------------------------|--------------|-----|---------------|---------------|----------------|
| Charnos Hall CBE & Otago 1 | Charnos Hall, Ilkeston Community Hospital | Heanor Road, Ilkeston | DE7 8LN | Michelle Edmonds-Jackson | 07983 456286 | Mon | 9.45-10.45 | CBE/Otago | £4.00 |
| Charnos Hall CBE & Otago 2 | Charnos Hall, Ilkeston Community Hospital | Heanor Road, Ilkeston | DE7 8LN | Michelle Edmonds-Jackson | 07983 456286 | Mon | 10.45-11.45 | CBE/Otago | £4.00 |
| Breaston CBE/Otago | Breaston Methodist Church Hall | Breaston | DE72 3DX | Jo Briggs | 07837 277252 | Mon | 11.00 - 12.00 | PSI | £3.50 |
| Ilkeston Tai Chi 2 | Flamsteed Centre | Albert Street, Ilkeston | DE7 5GU | John Collinson | 07768 279583 | Mon | 1.30-3.00pm | Tai Chi | £3.00 |
| Long Eaton CBE/Otago 2 | St Marys Church | Wilsthorpe Road, Long Eaton | | Maria Sladen | 07979 536413 | Thu | 2.00-3.00pm | PSG | £4.00 |
| Borrowwash Tai Chi | St Hughe's Church Hall | Derby Road Borrowwash | DE72 3HB | Janette Jackson | 01332 348903 | Mon | 1.00-2.00pm | Tai Chi | £4.00 |
| Epha House CBE | Epha House | Shipley Common Lane | | Lesley Beresford | 07855 409858 | Tue | 10.00-11.00 | CBE | £3.00 |
| Ilkeston Fire Station CBE/Otago | Ilkeston Fire station | Derby Road, Ilkeston | | Maria Sladen | 07979 536413 | Thu | 10.30-11.30 | CBE/Otago | £3.50 |
| The Green Asda CBE/Otago | Long Eaton United Reform Church | Ilkeston | NG10 1HQ | Michelle Edmonds | 07983 456286 | Mon | 12.30-1.15 | CBE/Otago | See instructor |
| Little Eaton Tai Chi | Village Hall | Vicarge Lane, Little Eaton | DE21 5EA | Carol Gascoyne | 07920 080443 | Tue | 8.15-9.15pm | Tai Chi | £5.00 |



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| Horsley Tai Chi | Horsley Village Hall | Church Street, Ilkeston | DE7 6GE | Janette Jackson | 01332 348903 | Wed | 11.00-12.00 | Tai Chi | £5.00 |
| Lace Maker Court CBE/Otago | Lace Maker Court | Tamworth Road, Long Eaton | NG10 1BH | Michelle Edmonds-Jackson | 07983 456286 | Wed | 12.15-1.15 | CBE/Otago | £3.00 |
| West Hallam CBE | Methodist Church Hall | 1 Kiln Close, West Hallam | DE7 6JN | Marian Robinson | 07961 264893 | Thu | 10.30-12.00 | CBE | £2.50 |
| Sandiacre PSI | Sandiacre Town Football Club | Stanton Road | NG10 5DZ | Michelle Edmonds | 07983 456286 | Thu | 2.00-3.00pm | PSG | £5.00 |
| Sandiacre PSI (2) | Sandiacre Town Football Club | Stanton Road | NG10 5DZ | Michelle Edmonds | 07983 456286 | Thu | 12.45-2.00pm | PSG | £5.00 |
| Draycott PSI | Draycott Table Tennis Centre | New Street | DE72 3LZ | Michelle Edmonds | 07983 456286 | Tue | 12.45-1.45pm | PSG | £5.00 |
| Long Eaton Tai Chi - Beginners for Arthritis 1 | Broad Street Spiritualist Church | Broad Street, Long Eaton | NG10 1LF | Julie Barker | 07944 111190 | Thu | 7.30pm-8.30pm | Tai Chi | £5.00 |
| Long Eaton Tai Chi - Improved for Arthritis 1 | Broad Street Spiritualist Church | Broad Street, Long Eaton | NG10 1LF | Julie Barker | 07944 111190 | Thu | 6.30pm-7.30pm | Tai Chi | £5.00 |
| Long Eaton Tai Chi - Beginners for Arthritis 2 | Petersham Hall | Grasmere Road, Long Eaton | NG10 4DZ | Julie Barker | 07944 111190 | Mon | 2.45pm-3.45pm | Tai Chi | £5.00 |
| Long Eaton Tai Chi - Improved for Arthritis 2 | Petersham Hall | Grasmere Road, Long Eaton | NG10 4DZ | Julie Barker | 07944 111190 | Mon | 1.30pm-2.30pm | Tai Chi | £5.00 |
| Borrowash PSG | St Hughe's Church Hall | Derby Road, Borrowash | DE72 3HB | Teri Brealey | 07531 995822 | Wed | 10.00-11.00 | PSG | £4.00 |



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| Ilkeston, Littlewick Otago & CBE | Littlewick Medical Centre | 42 Nottingham Road, Ilkeston | DE7 5PR | Maria Sladen | 07979 536413 | Wed | 10.00-11.00 | Independent | £4.00 |
| Petersham CBE 1 | RAFA drop-in Centre | Grassmere Road, Long Eaton | NG10 4DZ | Marian Robinson | 07961 264893 | Mon | 11.00-12.30 | CBE | £2.50 |
| Petersham CBE 2 | RAFA drop-in Centre | Grassmere Road, Long Eaton | NG10 4DZ | Marian Robinson | 07961 264893 | Mon | 2.00-3.30 | CBE | £2.50 |
| Little Eaton PSG | OAP Hall | 20 Barley Close, Little Eaton | DE21 5DJ | Teresa Williams | 0777 234 4450 | Thu | 11am-12noon | PSG | £4.00 |
| Draycott Qigong | Elephant Rooms, South Street | Draycott | DE72 3PP | Angela Phillips | 07762 380277 | Wed | 6pm - 7pm | Tai Chi | Contact |
| Draycott Qigong | Elephant Rooms, South Street | Draycott | DE72 3PP | Angela Phillips | 07762 380277 | Tues | 2pm - 3pm | Tai Chi | Contact |