

Class Name	Type	Address	Postcode	Contact	Contact Number	Day	Time	Status	Cost
Breaston CBE/Otago	CBE/Otago	Breaston Methodist Church Hall	DE72 3DX	Jo Briggs	07837 277252	Mon	11.00am	space	£4.00
Draycott PSI	PSI	Draycott Table Tennis Centre, New Street	DE72 3LZ	Michelle Edmonds	07983 456286	Tue	1:30pm	currently space	£6.00
Ilkeston Greenspires	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	£3.00
Ilkeston Greenspires 2	Strength & Balance	St Andrew's, Greensires Church	DE7 5GF	Michelle Edmonds	07983 456286	Thu	10:45am	space	£6.00
Lace Maker Court CBE/Otago	CBE/Otago	Lacemaker Court, Tamworth Road Long Eaton	NG10 1BH	Michelle Edmonds- Jackson	07983 456286	Mon	11am	SPACE	£6.00
Little Eaton PSG	PSG	OAP Hall, 20 Barley Close Little Eaton	DE21 5DJ	Teresa Williams	0777 234 4450	Thu	11am	currently full	£4.00
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	Vicarage Hall, Vicarage Lane Little Eaton	DE21 5EA	Carol Gascoyne	07920 080443	Tue	7.45pm	currently full	£5.00
Littlewick Otago & CBE	CBE/Otago	Littlewick Medical Centre, 42 Nottingham Road Ilkeston	DE7 5PR	Maria Sladen	07979 536413	Wed	10.00am	space	£5.00
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	£5.00	space
Petersham Tai Chi for beginners	Tai Chi	Petersham Hall, Grasmere Road Long Eaton	NG10 4DZ	Julie Barker	07944 111190	Thu	10am	£5.00	space
Petersham Tai Chi	Tai Chi	Petersham Hall, Grasmere Road Long Eaton	NG10 4DZ	Julie Barker	07944 111190	Thu	11:15am	£5.00	space
Petersham CBE 2	CBE	RAFA Drop-in Centre, Grasmere Road Long Eaton	NG10 4DZ	Marian Robinson	07961 264893	Wed	10:30am	£2.50	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	Janet Micklewright	07906 367553	Thu	10.30am	£4.00	space
Sawley Otago	Otago	All Saints Church, River View, Sawley	NG10 3AT	Janet Micklewright	07906 367553	Tue	10:30am	£4.00	space
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
Eventide Strength and Balance	CBE/Otago	Eventide Community Room, Hayeswood Road, Stanley Common		Tim Taylor	01773 766922	Tue	10am	please ask instructor	space
Kirk Hallam Strength & Balance	CBE/Otago	Kirk Hallam Community Centre, Kenilworth Drive		Amy Godsmark	07985 620212	Wed	09:30	space	£4