

Please contact the instructor or our office before attending a session

Class Name	Type	Address	Postcode	Contact name	Contact details	Day	Time	Status
Alfreton LC Tai Chi	Tai Chi	Leisure Centre, Church Street, Alfreton	DE55 7BD	Dave Ashbey	07981 488890 dave.ashbey@gmail.com	Tue	15:05	space
Alfreton Strength and Balance	Strength and Balance	Palmer Morewood Club, 36 Hall Street, Alfreton	DE55 7BU	Collette Watson	07778 745650	Wed	11:00am	SPACE
Belper CBE & Otago	CBE/Otago	Whitemoor Lane Medical Centre, Belper	DE56 0JB	Christine Holland	07929 132226	Mon	2pm	currently full space
Belper Strutts CBE	CBE	Strutts Centre, Derby Road, Belper	DE56 1UU	Christine Holland	07929 132226	Tue	10:30am	
Belper Strutts PSG 1	PSG	Strutts Centre, Derby Road, Belper	DE56 1UU	Emma Yates	07554 868161	Tue	1:30pm	space
Belper Strutts PSG 2	PSG	Strutts Centre, Derby Road, Belper	DE56 1UU	Emma Yates	07554 868161	Wed	2pm	space
Ripley SA Tai chi	Tai Chi	Salvation Army Hall, 25 Heath Rd, Ripley	DE5 3EN	Linda Christian	01773 741690	Tue	12:30pm	space
Riddings Tai Chi	Tai Chi	ADDRESS TO BE CHANGED -either Alfreton or Butterley		Sue Wain	07973 527233	Fri	11am	space
The Wellbeing Sanctuary	Qigong and CBE	Alfreton Community Hall, 3-5 Mansfield Road	DE55 7JJ	Sue Wain	07973 527233	Mon	1-3pm	
Greenwich Tai Chi	Tai Chi	The Greenwich Centre, Nottingham Road, Ripley	DE5 3AY	Sue Wain	07973 527233	Tues	7-8pm	

Ripley PSG	PSG	Ripley Methodist Church, Wood Street	DE5 3DD	Jo Briggs	07794 157766	Tue	10am	currently full
Heanor CBE/Otago2	CBE/Otago	Florence Shipley Care Centre, Heanor		Christine Holland	01773 746926	Mon	11.00am	space
Horsley CBE	CBE	Horsley Church Hall, Church Street, Horsley	DE21 5BR	Di Cliff	07919 116585	Mon	2-3pm	space
Heanor Strength and Balance	CBE/Otago	Infinite Wellbeing Community Centre, was the Baptist Church, High		Lesley Beresford	07855 409858	Fri	2.30pm	space
Somercotes Strength and Balance	Strength and Balance	Birchwood Methodist Church, Birchwood Lane, Somercotes,	DE55 4NE	Anita James	07951 701406	Mon		space
Heanor Library Strength and Balance	CBE/Otago/PSI	Heanor Library, Ilkeston Road	DE75 7DX	Emma Richards	07921 083351	Fri	10:00am	space
Holloway Tai Chi	Tai Chi	Florence Nightingale Memorial Hall, Mill	DE4 5BD	Carl Bateman	01332 553365	Fri	2pm	space

Cost	
£5.00	
£3.50	
£4.00	
£4.00	
£5.00	
£5.00	
£4.00	
£10.00	
£10.00	£10.00
£10.00	

