

Please contact the instructor or our office before attending a session

Class Name	Type	Contact name	Contact number	Day	Time	Status	Cost
Staveley CBE & Otago	CBE/Otago	Andrea Walker	01246 345689	Mon	1.30pm		
						space	
Stonegravels Tai Chi	Tai Chi	Veronica Bradbury	01246 237526	Tue	10:30am		
						currently full and temp instructor	
Whittington Moor Tai Chi	Tai Chi	David Barrow	07771 856038	Tue	10am		
						space	
Brimington CBE/Otago	CBE/Otago	Diane Ball	07891 100561		10am		
				Mon		space	
Brimington CBE/Otago 2	CBE/Otago	Diane Ball	07891 100561	Mon			
					11:30	space	
Spital Tai Chi beginners 1	Tai Chi	Sharon Wall	01246 827379(5)	Tue	10am		
						space	
Spital Tai Chi beginners 2	Tai Chi	Sharon Wall	01246 827379 (5)	Thu	6:30pm		
						space	
Spital Tai Chi Intermediates	Tai Chi	Sharon Wall	01246 827379 (5)	Thu	7:30pm		
						space	
Spital Qigong all abilities	Qigong	Sharon Wall	01246 827379 (5)	Fri	10am		
						space	

Hasland CBE	CBE	Philip and Barbara Arrandale	01246 239897	Thu	10am-12	FULL	£1 donation
Hasland CBE/Otago	CBE/Otago	Chris Newton	07708 235377	Tues	13:30	FULL	£1.50
Walton Strength and Balance	Strength & Balance	Sue Haynes	07530 185273	Fri		space for Walton residents	
Walton CBE	CBE	Helen Allsop		Fri	1pm	Space for new members	please ask instructor
Loundsley Green Strength and Balance	CBE/Otago	Diane Ball	07891 100561	Wed	1pm	new	please ask instructor
Chesterfield Strength and Balance	CBE/Otago	Karen Troke	01246 345555	Mon	11am	space	please ask instructor
Chesterfield Strength and Balance2	CBE/Otago	Karen Troke	01246 345555	Tues	2:30pm	space	please ask instructor