

Please contact the instructor or our office before attending a session

Class Name	Type	Contact name	Contact number	Day	Time	Status	Cost
Bakewell Otago	Otago	Michelle Abercrombie-Riva	01629 815168	Thurs	1pm	space	£5.00
Darley Dale CBE	CBE	Diane Cliff	01773 768240	Tue	10:00am	space	£3.00
Cromford CBE	CBE	Diane Cliff	01773 768240	Tues	11:45		
Litton Otago	Otago			Fri	2.00pm	space	£5.00
Bakewell Tai Chi	Tai Chi	Margaret Wood	01433 630142	Wed	9.15am	space	
Tideswell Tai Chi - Mon	Tai Chi	Margaret Wood	01433 630142	Mon	6.15pm	space	
Rowsley Otago	Otago	Michelle Abercrombie-Riva	01629 815168	Tue	2pm	ON HOLD	£5.00
Wirksworth CBE and Otago 2	CBE/Otago	Steph Spencer	07974 029156	Mon	11:15am	space	
Matlock Green PSI	Strength and Balance	Sarah Smith	07539 546313	Mon	01:30	space	
Hulland Ward Strength and Balance	CBE/Otago/PSI	Sue Hamblin	07796 405312	Thurs	11am	space	£5
Ashbourne Stronger for Longer	CBE/Otago	Katie Burns	01629 761389	2:15-3pm	Tues	space	£4

Winster Strength and Balance	CBE/ Otago/ PSI	Sue Hamblin	07796 405312	Thurs	1:15pm	space	£5
Ashbourne Otago 1	Otago	Tina Dodsworth	01332 344665	10:30am	Thu	space	
Ashbourne Tai Chi	Tai Chi	Stuart Ford	07770 848107	5:45pm	Thu	£8 or £28 for 4	space
Ashbourne Tai Chi Group	Tai Chi	Russell Parkin	07896 309819	10:30am	Wed		FULL please ask about waiting list
Ashbourne & District U3A Qigong	Qigong	Lindsay Trevarthen	07989 986672	10am	Thu	space	
Ashbourne CBE	CBE/Otago	Katie Burns - taught by Janet Chadfield	01629 761389	1:00 - 1:45	Tues	£4.00	FULL please ask about waiting list