

## Please contact the instructor or our office before attending a session

| Class Name                          | Type               | Contact                      | Contact Number | Day | Time          | Status                    | Cost                               |
|-------------------------------------|--------------------|------------------------------|----------------|-----|---------------|---------------------------|------------------------------------|
| Breaston CBE/Otago                  | CBE/Otago          | Jo Briggs                    | 07794 157766   | Mon | 11.00am       | <b>FULL</b>               | £4.00                              |
| Draycott PSI                        | PSI                | Michelle Edmonds             | 07983 456286   | Tue | 1:30pm        | currently<br>space        | £6.00                              |
| Ilkeston PSG                        | Strength & Balance | Michelle Edmonds             | 07983 456286   | Thu | 9:30am        | space                     | £6.00                              |
| Epha House CBE                      | CBE/Otago          | Lesley Beresford             | 07855 409858   | Tue | 10.00am       | space                     | £4.00                              |
| Ilkeston PSG 2                      | Strength & Balance | Michelle Edmonds             | 07983 456286   | Thu | 10:45am       | space                     | £6.00                              |
| Long Eaton CBE/Otago2               | CBE/Otago          | Michelle Edmonds-<br>Jackson | 07983 456286   | Mon | 11am          | SPACE                     | £6.00                              |
| Little Eaton PSG                    | PSG                | Teresa Williams              | 0777 234 4450  | Thu | 11am          | <b>currently<br/>full</b> | £4.00                              |
| Little Eaton Tai Chi -<br>Beginners | Tai Chi            | Carol Gascoyne               | 07920 080443   | Tue | 6.30pm        | space                     | £5.00                              |
| Little Eaton Tai Chi -<br>Advanced  | Tai Chi            | Carol Gascoyne               | 07920 080443   | Tue | 7.45pm        | <b>currently<br/>full</b> | £5.00                              |
| Long Eaton Yang Style<br>Tai Chi    | Tai Chi            | Julie Barker                 | 07944 111190   | Mon | 1.30-<br>3.30 | space                     | £5 for 1<br>hour or £7<br>for both |
| Long Eaton Tai Chi                  | Tai Chi            | Julie Barker                 | 07944 111190   | Tue | 9:30am        | space                     | £5.00                              |

|                                   |                      |                  |              |      |         |                     |                          |
|-----------------------------------|----------------------|------------------|--------------|------|---------|---------------------|--------------------------|
| Petersham Tai Chi for beginners   | Tai Chi              | Julie Barker     | 07944 111190 | Thu  | 10am    | £5.00               |                          |
|                                   |                      |                  |              |      |         |                     | space                    |
| Sandiacre PSI (2)                 | PSI                  | Michelle Edmonds | 07983 456286 | Thu  | 12.45pm | £6.00               |                          |
|                                   |                      |                  |              |      |         |                     | space                    |
| Sawley CBE                        | CBE                  | Emma Quinn       |              | Thu  | 10.30am | £4.00               |                          |
|                                   |                      |                  |              |      |         |                     | space                    |
| Sawley Otago                      | Otago                | Julie Walker     | 07855 782462 | Tue  | 10:30am | £4.00               |                          |
|                                   |                      |                  |              |      |         |                     | space                    |
| Sawley Otago 1                    | Otago                | Julie Walker     | 07855 782462 | Thu  | 12:00pm | £4 (or £6 for both) |                          |
|                                   |                      |                  |              |      |         |                     | SPACE                    |
| Sawley Otago 2                    | Otago                | Julie Walker     | 07856 782462 | Fri  | 11.30am | £4 (or £6 for both) |                          |
|                                   |                      |                  |              |      |         |                     | SPACE                    |
| Long Eaton CBE/otago              | Strength and Balance | Tim Taylor       | 07766 116700 | Tues | 1pm     |                     | please ask instructor    |
|                                   |                      |                  |              |      |         |                     | SPACE                    |
| Eventide Strength and Balance PSG | CBE/Otago            | Tim Taylor       | 07766 116700 | Tue  | 10am    |                     | please ask instructor    |
|                                   |                      |                  |              |      |         |                     | space                    |
| Ilkeston FS Strength and Balance  | CBE/Otago/PSI        | Amy Green        | 07985 620212 | Mon  | 10:00   |                     | space - starting 27thJan |
|                                   |                      |                  |              |      |         |                     | £5                       |