Tai Chi classes

Wednesday, 10:30am-12pm

St Oswald's Church Centre, Ashbourne Postcode DE6 1AN

Class full.
To join the waiting list, contact Ashbourne Tai Chi group (registered charity)
or email TaiChi.Ashb@gmail.com.

Friday, 2-3pm

St. Nicholas Church, Allestree Postcode DE22 2PE

£6 per session (£5 in advance). No booking needed but spaces are limited.

Contact Russell at:

Zen Fitness Personal Training www.zenfitness.co.uk
0789 630 9819 info@zenfitness.co.uk