

little black book

CLUBS, SOCIETIES, GROUPS, CLASSES

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ALLESTREE

Hatha Yoga

on Wednesday, 1.30-3.00pm
@ Memorial Hall, Allestree and Thursday
10.00-11.30am @ Evergreen Club, Allestree.
Contact Margaret Rippingale (British Wheel of
Yoga) on 01332 882200.

BELPER

Belper Ladies Group

Meet at 2pm on the 2nd Tuesday
in each month with speakers &
outings. Come and make friends
at the Masonic Rooms, Campbell St,
Belper. Easy access for disabled.
Further info from the Secretary
On 01773 822510 or 01773 827720

Yoga Classes

with Rachel Jennings – Kilburn Osteopaths.
7.30pm to 9.00pm Thurs and Sun at
Splitz Dance Centre
65c King St, Belper for more info call
Rachel on 01332 780580

Shape Fitness

Hi/Lo with Bums & Tums, Belper Leisure Centre.
Monday 7.30pm - 8.30pm

also:

Openwoodgate @ St Marks Church Hall.
Thursday 8pm - 9pm, Pay as you go!

Twistin' Tots

Music & movement for babies,
toddlers & pre-school (0-4).
A fun mix of activities to tire out your
children & keep them entertained.
Tues: 2pm-3pm Fri: 9.45am-10.45am
and 11.15am - 12.15pm
For more info call Jacqui on 07977 578359

DENBY & KILBURN

1st Horsley & Kilburn Brownies

Wednesdays 6.30pm to 8pm
For girls age 7 to 10 years
To join, call Brown Owl 01332 882535
Tawny Owl 01332 882944
(Want to know more about Guides? For girls age 10 and
over call Chris on 01332 882 944)

1st Horsley & Kilburn Rainbows

Would you like your child to join?
Call Mole on 01332 882170

55 and over's Club

Every Thursday 1.30-3.20pm
Bown Close Community Centre.
For more info Tel: 01332 882 666 Mrs M Sterland

Angela School of Dance

Learn the latest hip hop & street dance
Moves in our fun coached classes @
John Flamsteed School, Denby.
Every Thurs (excluding school hols)
6pm-6.45pm – Learn MTV moves
6.45pm-7.30pm – Keep fit dance
All classes £3.00 For more info call
Angela on 07899 041549 or email:
angelaschoolofdance@googlemail.com

Beginners Adults Dance Classes @

Kilburn Village Hall, Church St, Kilburn.
Introduction to Latin American, Ballroom inc.
Cha Cha Cha, Merengue, Rock & Roll and Salsa.
Fun, fitness & style. Thursdays 7.30pm-8.30pm
Further info contact Patricia Cooke NATD
on 01332 660837

Connections Café

Denby Bottles Methodist Church, Danesby Cres. 2nd
Friday each month. 8pm-10pm. Meeting place,
relaxed atmosphere, refreshments.
Call Gill & Tom Pullan 01773 829512

Denby Footpaths Group

If you enjoy walking and/or conversation
come along to one of our meetings or events.
Contact Mick on 01332 881583 or email
Denby-Footpaths-Group@hotmail.co.uk

Kilburn Life Group

Meet 1st and 3rd Wednesday of month 10.00-11.30am
to discuss issues relating to life. Further details Tel: 01332
882713 Cynthia