

# AUTUMN CLASSES

@ LifeCare   
extra years of zest

## MONDAY

### Alex Bettencourt - Strong by Zumba

**Where:** The Gallery  
**Time:** 6.30 - 7.30pm  
a.f.zumba@gmail.com

### Acorn to Oak - Baby Massage

**Where:** Small Dean  
**Time:** 10 - 11.30am  
**Time:** 11.30 - 1pm  
Lesley@fromacorntooak.uk

### Dr Avanish - Mindfully Being

**Where:** St Bernard's  
**Time:** 7 - 9pm  
mindfullybeing.co.uk

### Feldenkrais

**Where:** CafeLilife  
**Time:** 6.30 - 7.30pm  
meravisrael.com

### Glow With The Flow Barre Class

**Where:** Cafe  
**Time:** 6.30 - 7.30pm  
flo.pilch@gmail.com

### MacDonald Academy of Arms

**Where:** Dining Room  
**Time:** 8 - 10pm  
macdonaldarms.com

### Monkey Music

**Where:** George Young Hall  
**Time:** 9.30am - 12pm  
monkeymusic.co.uk

### Smart Cookies - After School Club

**Where:** The Gallery  
**Time:** 3.30 - 6pm  
we-are-smart-cookies.com

### Stockbridge Reelers

**Where:** The Gallery  
**Time:** 8 - 10pm  
stockbridgereelers.btck.co.uk

### Talking Tots

**Where:** The Dean  
**Time:** 1.30 - 3.30pm  
talkingtots.info

## TUESDAY

### Dance Ihayami - Indian Dance

**Time:** 6.30 - 8pm  
danceihayami.org

### Lung Ha's - Theatre Group

**Where:** The Gallery  
**Time:** 6 - 9pm  
lungha.com

### Monkey music

**Where:** George Young Hall  
**Time:** 2 - 4pm  
monkeymusic.co.uk

### Move It or Lose It

**Where:** Meeting Room  
**Time:** 2 - 3pm  
moveitorloseit.co.uk

### Smart Cookies - After School Club

**Where:** The Gallery  
**Time:** 3.30 - 6pm  
we-are-smart-cookies.com

### Dr Avanish - Mindfully Being

**Where:** St Bernard's  
**Time:** 7 - 9pm  
mindfullybeing.co.uk

### Life Drawing

**Where:** The Gallery  
**Time:** 9.30 - 12pm  
bernieodonnell@btinternet.com

### Step Up Dance

**Where:** George Young Hall  
**Time:** 4.45 - 5.45pm  
niki@stepitupdance.co.uk  
stepitupdance.co.uk

## WEDNESDAY

### Alex Bettencourt - Zumba

**Where:** The Gallery  
**Time:** 8 - 9pm  
a.f.zumba@gmail.com

### Ann Richards - Mindfulness Training

**Where:** Meeting Room  
**Time:** 7 - 9pm  
annrichards.mb@gmail.com

### Colonies Choir

**Where:** St Bernard's  
**Time:** 7.30 - 9.30pm  
colonieschoir@gmail.com

### Dance Ihayami - Indian Dance

**Time:** 7 - 8.30pm  
danceihayami.org

### Gillian Galbraith - 5 Rhythms

**Where:** George Young Hall  
**Time:** 7.15 - 9.15pm  
gillian@creativemoves.plus.com

### Monkey Music

**Where:** George Young Hall  
**Time:** 9am - 3pm  
monkeymusic.co.uk

### Susan Chambers - Pilates

**Where:** The Gallery  
**Time:** 6.30 - 7.30pm  
nu-u-trition@sky.com

### Smart Cookies - After School Club

**Where:** The Gallery  
**Time:** 3.30 - 6pm  
we-are-smart-cookies.com

### Alexander Technique

**Where:** The Gallery  
livingalexander.co.uk  
sarah.bm@btinternet.com



FOR ALL THE LATEST  
CLASS INFORMATION VISIT  
LIFECARE-EDINBURGH.ORG.UK

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## THURSDAY

### La Belle Arts Children's Dance Classes

**Where:** George Young Hall  
**Time:** 4.30 - 6pm  
la-belle-arts.class4kids.co.uk

### Claire Lewis - Biodanza

**Where:** Dining Room  
**Time:** 7.30 - 9.30pm  
biodanzaedinburgh.com

### Edinburgh Guitar Lessons

**Where:** St Bernard's  
**Time:** 7.30 - 8.30pm  
guitarlessons-edinburgh.co.uk

### Smart Cookies - After School Club

**Where:** The Gallery  
**Time:** 3.30 - 6pm  
we-are-smart-cookies.com

### Tumble Tots

**Where:** George Young Hall  
**Time:** 9 - 2.30pm  
ewtumbletots@virginmedia.com  
tumbletots.com

### Edinburgh Swing Dance

**Where:** George Young Hall  
**Time:** 7 - 10.30pm  
www.hopscotch-swing.co.uk

## FRIDAY

### Afrexobics - Baby in sling dancing

**Where:** The Dean Club  
**Time:** 12 - 1pm  
excesssafe@yahoo.co.uk

### Catherine Wright - 5 Rhythms

**Where:** The Gallery  
**Time:** 7 - 10pm  
catherinewright.co.uk

### Dance Ihayami - Indian Dance

**Where:** 5 - 8pm  
danceihayami.org

### Forth Dance academy - Kids dance classes

**Where:** George Young Hall  
**Time:** 10 - 2pm  
forthdanceacademy.com

### La Belle Arts - Musical Theatre (5 - 8 years)

**Where:** George Young Hall  
**Time:** 4 - 5.30pm  
christie@labellearts.co.uk

### Smart Cookies - After School Club

**Where:** The Dean  
**Time:** 4 - 6pm  
we-are-smart-cookies.com

### Step Up Dance

**Where:** The Dean  
**Time:** 10.30 - 11.30am  
niki@stepitupdance.co.uk  
stepitupdance.co.uk

### Mothers & Toddlers

**Where:** The Gallery  
**Time:** 9.30 - 12noon  
**Time:** 11 - 12.30pm  
bridgefamilychurch.com

### Sheila Hannah Kumon (English & Maths tuition)

**Where:** Meeting Room  
**Time:** 1 - 3pm  
kumon.co.uk

## SATURDAY

### Tippy Toes Ballet

**Where:** CafeLife  
**Time:** 9 - 11am  
info@tippytoesballet.co.uk

### Dance Ihayami - Indian Dance

**Time:** 10.30 - 4.30pm  
danceihayami.org

### Messy Church (Children's Messy Play)

First Saturday of every month  
**Where:** The Gallery  
**Time:** 10 - 11.30am  
bridgefamilychurch.com

### Mini French - Kid's French

**Where:** Meeting Room  
**Time:** 10.00 - 11.30am  
info@minifrench.co.uk

## SUNDAY

### Bridge Family Church

**Where:** George Young Hall  
**Time:** 10 - 1pm  
bridgefamilychurch.com

### Dr Avanish - Mindfully Being

**Where:** St Bernard's  
**Time:** 12 - 3pm  
mindfullybeing.co.uk

### Sarena Wolfaard - 5 Rhythms

**Where:** The Gallery  
**Time:** 10.30 - 13.00  
movetobestill.com

### Sunday Assembly

First Sunday of every month  
**Where:** CafeLife  
**Time:** 10.30 - 1.30pm  
edinburgh.sundayassembly.com



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