

CLASSES @ LifeCare

extra years of zest

MONDAY

Acorn to Oak - Baby Massage

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

Dr Avanish - Mindfully Being

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

Feldenkrais

Where: CafeLife
Time: 6.30 - 7.30pm
meravisrael.com

Glow With Flo - Barre Class

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

Juno Group

Where: Small Dean
Time: 7.30 - 9.00pm
juno.uk.com

MacDonald Academy of Arms

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

Mama Yoga - Pregnancy Classes / Postnatal Yoga classes

Where: St Bernard's
Time: 5.30 - 6.30pm/7 - 8pm
mamayogaedinburgh@gmail.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: George Young Hall
Time: 8 - 10pm
stockbridgereelers.btck.co.uk

Talking Tots

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

Tribal Fashion Belly Dance

Where: Meeting Room
Time: 7.15 - 8.45pm
albalunabellydance@gmail.com

TUESDAY

Dance Ihayami - Indian Dance

Time: 6.30 - 8pm
danceihayami.org

Glow With Flo - Barre Class

Where: Meeting Room
Time: 9.15 - 10.00am
flo.pilch@gmail.com

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

Inna Zumba

Where: George Young Hall
Time: 7 - 8pm
Bookwhen.com/inna-fitness

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

WEDNESDAY

Alex Bettencourt - Zumba

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

Alexander Technique

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

Where: Dining Room
Time: 7 - 8.30pm
danceihayami.org

Edina Spanish Lessons (National 5 Preparation Course)

Where: Boardroom
Time: 6.30 - 8pm
hola@edinaspanishlessons.com

Gillian Galbraith - 5 Rhythms

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

Glow With Flo - Barre Class

Where: Meeting Room
Time: 1 - 2pm
flo.pilch@gmail.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

The Sensory Sessions

Where: George Young Hall
Time: 1.30 - 2.30pm
venues@thesensorysessions.com

THURSDAY

Glow With Flo - Barre Class

Where: Gallery/Dining Room
Time: 9 - 10am/6 - 7pm
flo.pilch@gmail.com

La Belle Arts (Junior ballet, Junior jazz & Tap, Acro Dance)

Where: George Young Hall
Time: 4.30 - 6pm
christie@labellearts.co.uk

Claire Lewis - Biodanza

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

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
hopscotch-swing.co.uk

FRIDAY

Afrefobics - Baby in Sling Dancing

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

Dance Ihayami - Indian Dance

Where: Dining Room
Where: 6 - 8pm
danceihayami.org

Forth Dance Academy - Kids dance classes

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

La Belle Arts (Junior Musical Theatre, Junior Street Dance)

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

Movement Medicine

Where: The Gallery
Time: 7.30 - 9.30pm
catherinewright.co.uk

Smart Cookies - After School Club

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

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

Dance Ihayami - Indian Dance

Various classes
Time: 10.30 - 3.30pm
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



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