

MONDAY

Monkey Music

Where: George Young Hall

Time: 9.30 - 12pm

monkeymusic.co.uk

Acorn to Oak - Baby Massage

Where: Small Dean

Time: 10 - 11.30am

Time: 11.30 - 1pm

lesley@fromacorntooak.uk

Sara Beevers Art Classes

Where: Dean Club

Time: 10 - 12.30pm

sara.beevers007@btinternet.com

Talking Tots

Where: The Dean

Time: 1.30 - 3.30pm

talkingtots.info

Smart Cookies - After School Club

Where: The Gallery

Time: 3.30 - 6pm

we-are-smart-cookies.com

Feldenkrais

Where: CafeLilfe

Time: 6.30 - 7.30pm

meravisrael.com

Glow With Flo - Barre Class

Where: The Gallery

Time: 6.30 - 7.30pm

flo.pilch@gmail.com

Dr Avanish - Mindfully Being

Where: St Bernard's

Time: 7 - 9pm

mindfullybeing.co.uk

Juno Group

Where: Small Dean

Time: 7.30 - 9.00pm

juno.uk.com

MacDonald Academy of Arms

Where: CafeLife

Time: 8 - 10pm

macdonaldarms.com

Stockbridge Reelers

Where: George Young Hall

Time: 8 - 10pm

stockbridgereelers.btck.co.uk

TUESDAY

Glow With Flo - Barre Class

Where: Meeting Room

Time: 9.15 - 10.00am

flo.pilch@gmail.com

Life Drawing

Where: The Gallery

Time: 9.30 - 12pm

bernieodonnell@btinternet.com

Olivia Duncan Mother and Baby Pilates

Where: Meeting Room

Time: 10.30 - 11.30am

oliviaduncan@outlook.com

Move It or Lose It

Where: Meeting Room

Time: 2 - 3pm

moveitorloseit.co.uk

Monkey Music

Where: George Young Hall

Time: 2 - 4pm

monkeymusic.co.uk

Smart Cookies - After School Club

Where: The Gallery

Time: 3.30 - 6pm

we-are-smart-cookies.com

Mat Based Pilates

Where: George Young Hall

Time: 6 - 7pm

bookwhen.com/inna-fitness

Lung Ha's - Theatre Group

Where: The Gallery

Time: 6 - 9pm

lungha.com

Dance Ihayami - Indian Dance

Where: The Gallery

Time: 6.30 - 7.30pm

danceihayami.org

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

WEDNESDAY

Monkey Music

Where: George Young Hall

Time: 9 - 3pm

monkeymusic.co.uk

Glow With Flo - Barre Class

Where: Meeting Room

Time: 1 - 2pm

flo.pilch@gmail.com

Sensory Sessions

Where: George Young Hall

Time: 1 - 3pm

venues@thesensorysessions.com

Smart Cookies - After School Club

Where: The Gallery

Time: 3.30 - 6pm

we-are-smart-cookies.com

Dance Ihayami - Indian Dance

Where: CafeLife

Time: 6 - 9.30pm

danceihayami.org

Susan Chambers - Pilates

Where: The Gallery

Time: 6.30 - 7.30pm

nu-u-trition@sky.com

Edina Spanish Lessons (National 5 Preparation Course)

Where: Boardroom

Time: 6.30 - 8pm

hola@edinaspanishlessons.com

Ann Richards - Mindfulness Training

Where: Meeting Room

Time: 7 - 9pm

annrichards.mb@gmail.com

Gillian Galbraith - 5 Rhythms

Where: George Young Hall

Time: 7.15 - 9.15pm

gillian@creativemoves.plus.com

Colonies Choir

Where: St Bernard's

Time: 7.30 - 9.30pm

colonieschoir@gmail.com

Alex Bettencourt - Zumba

Where: The Gallery

Time: 8 - 9pm

a.f.zumba@gmail.com

THURSDAY

Tumble Tots

Where: George Young Hall

Time: 9 - 2.30pm

ewtumbletots@virginmedia.com

tumbletots.com

Glow With Flo - Barre Class

Where: The Gallery/CafeLife

Time: 9 - 10am/6 - 7pm

flo.pilch@gmail.com

Smart Cookies - After School Club

Where: The Gallery

Time: 3.30 - 6pm

we-are-smart-cookies.com

Scottish Young Engineers

Where: Meeting Room

Time: 3.30 - 6.30pm

johndoonan1@gmail.com

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

Where: George Young Hall

Time: 4.30 - 6pm

christie@labellearts.co.uk

Sara Beevers Art Classes

Where: Dean Club

Time: 7 - 9pm

sara.beevers007@btinternet.com

Edinburgh Swing Dance

Where: George Young Hall

Time: 7 - 10.30pm

hopscotch-swing.co.uk

Claire Lewis - Biodanza

Where: CafeLife

Time: 7.30 - 9.30pm

biodanzaedinburgh.com

FRIDAY

Mothers & Toddlers

Where: The Gallery

Time: 9.30 - 12noon

Time: 11 - 12.30pm

bridgefamilychurch.com

Sara Beevers Art Classes

Where: Meeting Room

Time: 9.45 - 12.30pm

sara.beevers007@btinternet.com

Forth Dance Academy - Kids dance classes

Where: George Young Hall

Time: 10 - 2pm

forthdanceacademy.com

Afrexobics - Baby in Sling Dancing

Where: The Dean Club

Time: 12 - 1pm

excesssafe@yahoo.co.uk

Sheila Hannah Kumon (English & Maths tuition)

Where: Meeting Room

Time: 1 - 3pm

kumon.co.uk

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

Where: George Young Hall

Time: 4 - 5.30pm

christie@labellearts.co.uk

Dance Ihayami - Indian Dance

Where: CafeLife

Where: 5 - 8pm

danceihayami.org

Dog Training

Where: George Young Hall

Where: 6 - 7pm

karen.s.marshall@outlook.com

Movement Medicine

Where: The Gallery

Time: 7.30 - 9.30pm

catherinewright.co.uk

SATURDAY

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

Dance Ihayami - Indian Dance

Various classes

Time: 10.30 - 3.30pm

danceihayami.org

SUNDAY

Bridge Family Church

Where: George Young Hall

Time: 10 - 1pm

bridgefamilychurch.com

Sarena Wolfaard - 5 Rhythms

Where: The Gallery

Time: 10.30 - 1pm

movetobestill.com

Sunday Assembly

First Sunday of every month

Where: CafeLife

Time: 10.30 - 1.30pm

edinburgh.sundayassembly.com

Dr Avanish - Mindfully Being

Where: St Bernard's

Time: 12 - 3pm

mindfullybeing.co.uk

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

