

Monday

U3A Yoga 09:45 - 11:45
Teresa MacDonald 0131 629 9248

Community Police Surgery
13:00 – 15:00
last Monday of the month

ELC Watercolour Class 14:00 – 16:00
frontdesk@ericliddell.org
Call 0131 447 4520 for availability

Kadampa Meditation
Morningside GP Classes
18:00 - 19:15
for exact times and dates
www.meditateinedinburgh.org

Bea Alexander Pilates
18:00 – 20:00
classes@beaalexanderpilates.co.uk
Level 2 - 18:00 Level 1 - 19:00

Activate Ministries
Prophetic Sessions 18:30 – 21:00
To book your session:
www.activatesupernatural.com

Mindfulness - Daily Living Course
19:00 - 20:30
linda.r.craig@btinternet.com
0787 963 7593

Tuesday

Pilates Plus Physio 17:30 - 19:30
Tessa Santer
tessa@pilatesplusphysio.co.uk

Shishi Kai Judo 17:30-20:30
www.shishikai.co.uk,
0131 447 7859

Bea Alexander Pilates 18:00 – 21:00
classes@beaalexanderpilates.co.uk
Beginners class: 18:00
Level 1 - 19:00 Level 2 - 20:00

Italian For Fun - Language, Food &
Culture 18:30 – 20:30
Amelia Dorward, 0790 030 1352

Wednesday

U3A Yoga 09:30 - 10:30
Teresa MacDonald 0131 629 9248

Pilates then U3A Yoga
10:00 - 11:00 Pilates, Gail Sked
0785 529 6372
11:00 - 12:00 Yoga, Teresa MacDonald
0131 629 9248

Seated Exercise 14:30 - 15:30
Carol, 0747 296 4064

Pilates 18:00 – 20:00
Sharon Connolly 0796 040 8046

Activate Supernatural
Transformation Sessions 19:00 - 21:00
To book your session:
www.activatesupernatural.com

Thursday

Gymini Sessions 09:00 - 17:00
Fiona Bryce 0131 334 3657

Pilates Plus Physio 09:30 - 11:30
Tessa Santer
tessa@pilatesplusphysio.co.uk

Pilates 10:00 - 13:00
Sharon Connolly 0796 040 8046
Level 2 - 10:00 Level 1 - 11:00

Laughter Club 11:00 - 12:00
Jo Bluett, 0792 989 7460
jo@laughterforhealth.co.uk

Bea Alexander Pilates 18:00 - 21:00
classes@beaalexanderpilates.co.uk
Level 4 - 18:00 Level 3 - 19:00
Beginners: 20:00

Shishi Kai Judo 18:00 - 20:00
www.shishikai.co.uk 0131 447 7859

Open Community Singing Group
18:30 - 20:30
opencommunitysinginggroup@gmail.com

Kadampa Foundation
Programme Classes
19:00 - 21:00
for exact times and dates
www.meditateinedinburgh.org

Friday

Pilates 10:00 - 11:00
Gail Sked 0785 5296 372

ELC Zumba Gold 10:30 - 11:30
(for mature movers)
Suzanne Ebel, 0131 552 6105,
hoppi@postmaster.co.uk

Dance exercise 13:30 - 15:30
(formerly ageing well)
John Robertson, 0131 664 5125

Shishi Kai Judo 16:00 - 18:30
www.shishikai.co.uk
0131 447 7859

Saturday

Scottish Slimmers 09:30 - 10:30
Pat Lovey, 0800 36 26 36

Kadampa Meditation
10:30 - 13:00
Saturday Morning Workshops
(fortnightly)
for exact times and dates
www.meditateinedinburgh.org

Activate Ministries
Healing Sessions 09:00 - 10:30
Prophetic Sessions 10:30 - 12:00
To book your session:
www.activatesupernatural.com

Want to teach a class? Hire a space?
 Host an event? Why not send us an email at
frontdesk@ericliddell.org or
 call 0131 447 4520
 to discuss some options?



tots togs

Why not visit our charity shop for quality
 children's clothes and books?

WHAT'S ON GUIDE



Eric
Liddell
Centre

	CARING SOLES		BEFRIENDING		DONATE	
	CORNER CAFE		HELPING HANDS		TIME BANK	
	DAY CARE		ROOM HIRE		CA(I) RE	

15 Morningside Road
 EH10 4DP
 Edinburgh
 0131 447 4520
www.ericliddell.org