

Mycenae House classes / activities now running online

Adults:

Life Drawing

Tune in to a Live Streamed Youtube session with The Renaissance Workshop and follow a life drawing session with guidance from Jon. The Renaissance Workshop is an Arts and Humanities initiative founded by Jon Long in 2017 to promote interaction with traditional Western art and culture.

www.youtube.com/channel/UC7HR4IIvN3fVU178RypTueQ/videos

Sing Together

Join The Singing Hour with Emma Bond from Sing Together each weekday at 10am! You will be able to see/hear Emma and sessions will begin with physical and vocal warm ups before moving onto the songs of the day. £2 a session per household, visit the website for further details about joining in.

www.singtogether.org.uk

Ballroom Burn with Kerry on Dancing

Get moving with Kerry's fantastic online Ballroom and Latin American inspired dance workouts, stay healthy, stay happy, stay dancing! To register email kerry@kerryondancing.co.uk and she will provide details and invites to Zoom sessions.

www.kerryondancing.co.uk

Citizens Of The World Choir

The COTW Choir is a choir for people who are refugees, asylum seekers, migrants and friends. Whilst their 'in-person' rehearsals are on hold, they will rehearse online, perform online & keep the #refugee community vitally connected at this time. If any refugee or migrant would like to join please email rachel@cotwchoir.com for further details.

www.citizensoftheworldchoir.org

Iyengar Yoga with Rosana Fiore

In Rosana's Iyengar Yoga class, students are guided through a carefully paced programme of postures. Follow her yoga tutorials on her Youtube channel or email her on info@rosanafioreyoga.com for details about her Zoom schedule to take part live.

www.facebook.com/RosanaFioreYoga

Barre Concept

Barre combines the precision of Pilates, technique of ballet, alignment of yoga and the strength from sports conditioning. Katie is hosting Zoom meetings on Monday 10am, Tuesday 7.30pm, Wednesday 10am, Thursday at 10am. Visit Facebook for full details about signing up and tuning in.

www.facebook.com/BarreConceptSculptandBurn

MumsAid

MumsAid continue to provide support for new mums and mums-to-be with online counselling and are also offering two free groups to enhance creativity, mindfulness and self-compassion: an Online Journalling Group and the Mama Tune Online Chorus. Please email ali@mums-aid.org to secure your place.

www.mums-aid.org

Come Dance with Me – Dance for over 50s

Dance and movement tutor Joanna Clare continues her dance class for over 50s on Fridays at 11am now remotely via Zoom, plus her new Gentle Keep Fit sessions for over 50s launch on Tuesdays and Thursdays 10am from 7 April. For more information about taking part contact Joanna on joclare@hotmail.it or 07709952215.

joclare@hotmail.it

Yoga by Pri

Priscila is running online Iyengar yoga sessions via Zoom for anyone who has practiced yoga before and wants to maintain their physical and spiritual well being whilst at home. New sessions for beginners will be launching soon, watch this space! For more info and to book visit her website.

www.yogabypri.com/online-classes.html

WW Weight Watchers Re-imagined

All sessions have now moved online with virtual workshops to help you eat well, move more, and stay connected. Register via the website to sign up to your local workshop.

www.weightwatchers.com/uk/

Children:

Greenwich Early Years Music

These small online class sizes allow fully interactive music-making for toddlers, babies and young children. Sign up to the online sessions run by registered charity Greenwich Music School via their website.

www.greenwichmusicschool.org.uk/geym

Tiptoes & Tappers

Tiptoes & Tappers have put together an impressive timetable of ballet, tap and contemporary dance classes for children online, some of the pre-recorded sessions were even filmed at Mycenae House before the building closed last week! Fill out the enquiry form on their website for more information.

www.tiptoesandtappers.co.uk/online-classes

Bach to Baby

The music goes on with Bach to Baby, join them live "in their Bach Yard" on Fridays at 11am as they bring you concerts straight to your living room. Book your spot to enjoy to enjoy great classical music, and your favourite nursery rhymes requests for just £3.00 for the whole family!

www.bachtobaby.com

diddi dance

The well-loved funky preschool dance classes continue online so you can join in at home direct from your living room. Full of entertainment and exercise for your diddi dancer, contact your local class leader for all the information and to book your place.

www.diddidance.com/diddi-dance-SE-London/

Baby Sensory & Toddler Sense Greenwich

Wave Hello To the Sun and keep the little ones entertained from home with huge variety of activities and songs from the Baby Sensory and Toddler Sense Greenwich teams. Imagine climbing a snow mountain, going on safari, digging for fossils, swimming with dolphins and hunting for dinosaurs? Every session introduces a whole new adventure. Email Natalie greenwich@toddlersense.co.uk to find out more.

www.facebook.com/greenwich.toddlersense

Theatretrain Greenwich

Theatretrain continues its theatre training in DANCE ACT SING online every Saturday on Facebook Live at 10am for their national overview, register via their website for access to all content. Our Greenwich/Blackheath franchise also have loads of free content open to everyone via their Facebook page www.facebook.com/Theatretrain-Greenwich so take a look.

www.theatretrain.co.uk/greenwich