

2026 CLASS TIMETABLE

MONDAY	MAIN STUDIO	10.00 - 10.45 Tiny Acorns Music & Sensory Class for Toddlers	11.00 - 11.45 Tiny Acorns Music & Sensory Class for Babies	12.30 - 13.30 Pilates with Rachel		18.30 - 19.30 Pregnancy Yoga with Louise from 15 weeks+	20.00 - 21.00 Yoga for Men with Sarah
	SMALL STUDIO						
TUESDAY	MAIN STUDIO		10.00 - 11.00 Pilates with Hayley				NCT Antenatal Classes*
	SMALL STUDIO	Bodyrefine Corrective Exercise, Injury Rehabilitation & Sports Massage Tues to Sat 8am - 1pm					
WEDNESDAY	MAIN STUDIO		10.00 - 10.45 Little Bodi's Baby Stretch, Sing & Sensory	11.15 - 12.15 Little Bodi's Baby Massage			NCT Antenatal Classes*
	SMALL STUDIO	Bodyrefine Corrective Exercise, Injury Rehabilitation & Sports Massage Tues to Sat 8am - 1pm					
THURSDAY	MAIN STUDIO	9.00 - 10.00 Pilates with Hayley	10.30 - 11.45 Postnatal Yoga with Louise	12.15 - 13.15 Pilates with Hayley	13.30 - 15.00 Baby Feeding Cafe		
	SMALL STUDIO	Bodyrefine Corrective Exercise, Injury Rehabilitation & Sports Massage Tues to Sat 8am - 1pm					
FRIDAY	MAIN STUDIO	9.30 - 10.30 Pilates with Amy	10.30 - 11.30 Pilates with Amy		12.30 - 1.30 Pilates with Hayley		
	SMALL STUDIO	Bodyrefine Corrective Exercise, Injury Rehabilitation & Sports Massage Tues to Sat 8am - 1pm					
SATURDAY	MAIN STUDIO	NCT Antenatal and Breastfeeding Classes* & other workshops					
	SMALL STUDIO	Bodyrefine Corrective Exercise, Injury Rehabilitation & Sports Massage Tues to Sat 8am - 1pm					
SUNDAY	MAIN STUDIO	NCT Antenatal and Breastfeeding Classes, Baby & Child First Aid Courses** & other workshops					
	SMALL STUDIO						

TO BOOK CLASSES

info@carmenta-life.co.uk or call 01442 872591

Many classes are booked directly with the class teacher. Contact Carmenta Life for their details.

Some classes run only in school term time, please check with the teacher.

*NCT 6 week course must be booked direct with NCT Hemel, Berkhamsted & District NCT

** Baby & Child First Aid Courses typically run on the last Sunday of each month