

# \* 2023 CLASS TIMETABLE

[www.carmenta-life.co.uk](http://www.carmenta-life.co.uk)



MONDAY	MAIN STUDIO	10.00 -10.45 <b>TINY ACORNS</b> Music & Sensory Class Toddlers	10.50 -11.35 <b>TINY ACORNS</b> Music & Sensory Class Babies			18.30 - 19.45 <b>Pregnancy Yoga</b> suitable from 15 weeks+	20.00 - 21.00 <b>Yoga for Men</b>
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 1.30pm					
TUESDAY	MAIN STUDIO	9.00 - 10.00 <b>Fletcher Pilates</b> with Kaye	10.00 - 11.00 <b>Fletcher Pilates</b> with Kaye	11.45 - 12.45 <b>Baby Yoga</b> with <b>Little bodi's</b>	13.30 - 14.30 <b>Mama Bear Club</b> with Emily Postnatal Pilates		19.00 - 21.00 <b>NCT Antenatal Class</b>
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 1.30pm					
WEDNESDAY	MAIN STUDIO		10.30 -11.15 <b>TINY ACORNS</b> Music & Sensory Class Toddlers		13.30 - 14.45 <b>BABY MASSAGE</b> with Cathy		<b>19.00 - 21.00</b> NCT Antenatal Class Women & Partners
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 1.30pm					
THURSDAY	MAIN STUDIO		10.30 - 11:45am <b>Postnatal Yoga</b> with Louise		13.30 - 15.00 <b>BABY FEEDING CAFÉ</b>		
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 1.30pm					
FRIDAY	MAIN STUDIO	9.30am - 10.30am <b>Pilates with Amy</b>	10.30 -11.30am <b>Pilates with Amy</b>				
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 1.30pm					
SATURDAY	MAIN STUDIO	10.00 - 17.00 NCT Antenatal and Breastfeeding Classes & other workshops					
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 1.30pm					
SUNDAY	MAIN STUDIO	10.00 - 17.00 NCT Antenatal and Breastfeeding Classes & other workshops					
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 1.30pm					

**TO BOOK CLASSES**

[info@carmenta-life.co.uk](mailto:info@carmenta-life.co.uk) or call 01442 872591

Some classes run only in school term time, please check with the teachers or contact us at Carmenta Life

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

\*\* Baby Massage - 4 weeks course

\*\*\* Check our website for Hypnobirthing class dates