

# \* 2019 CLASS TIMETABLE

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



MONDAY	MAIN STUDIO	10.00 - 10.40 <b>TINY ACORNS</b> Music & Sensory Class Toddlers	10.50 - 11.30 <b>TINY ACORNS</b> Music & Sensory Class Babies			18.30 - 19.30 <b>Pregnancy Yoga</b> suitable from 15 weeks+	19.45 - 21.45 <b>NCT Antenatal Class</b>	
	SMALL STUDIO							
TUESDAY	MAIN STUDIO	10.00 - 11.00 <b>Postnatal Yoga</b> with Suzy Reading	11.30 - 12.30 <b>Postnatal Yoga</b> with Suzy Reading	13.00 - 14.00 <b>HARTBEEPS</b> Music & Sensory Class Babies				
	SMALL STUDIO							
WEDNESDAY	MAIN STUDIO				13.30 - 14.45 <b>BABY MASSAGE</b> with Cathy		19.30 - 21.30 <b>NCT Antenatal Class Women &amp; Partners</b>	
	SMALL STUDIO							
THURSDAY	MAIN STUDIO				13.30 - 15.00 <b>BABY FEEDING CAFÉ</b>			
	SMALL STUDIO							
FRIDAY	MAIN STUDIO	9am - 10am <b>TAI CHI</b> with Yoko <b>Beginners Welcome</b>						
	SMALL STUDIO							
SATURDAY	MAIN STUDIO	10.00 - 17.00 NCT Antenatal and Breastfeeding Classes & other workshops					Available for childrens parties	
	SMALL STUDIO	Last Weekend each month Hypnobirthing with Karen Mander Saturday & Sunday 11.30 - 5pm						
SUNDAY	MAIN STUDIO	Available for childrens parties						
	SMALL STUDIO	Last Weekend each month Breath to a Better Birth with Karen Mander 5.30pm - 8pm						

**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