

* 2024 CLASS TIMETABLE

www.carmenta-life.co.uk



MONDAY	MAIN STUDIO	10.00 -10.45 TINY ACORNS Music & Sensory Class Toddlers	11.00 -11.45 TINY ACORNS Music & Sensory Class Babies	12.30 - 13.30 Pilates with Rachel		18.30 - 19.45 Pregnancy Yoga suitable from 15 weeks+	20.00 - 21.00 Yoga for Men
	SMALL STUDIO	Soma Movement with Niamh					
TUESDAY	MAIN STUDIO		10.00 - 11.00 Baby Yoga with Little bodi's	11.15 - 12.15 Baby Massage with Little bodi's	13.30 - 14.30 Pilates with Rachel		19.00 - 21.00 NCT Antenatal Class
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 1.30pm					
WEDNESDAY	MAIN STUDIO						19.00 - 21.00 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 Postnatal Yoga with Louise		13.30 - 15.00 BABY FEEDING CAFÉ		
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 1.30pm					
FRIDAY	MAIN STUDIO	9.30am - 10.30am Pilates with Amy	10.30 -11.30am Pilates with Amy		13.00 - 14.00 Pilates with Hayley	14.00 - 15.00 Pilates with Rachel	
	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						

TO BOOK CLASSES

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