

* 2023 CLASS TIMETABLE

www.carmenta-life.co.uk



MONDAY	MAIN STUDIO	9.30 -10.15 TINY ACORNS Music & Sensory Class Toddlers	10.30 -11.15 TINY ACORNS Music & Sensory Class Babies		13.30 - 14.30 Pre and Postnatal Group Exercise with Helen	18.30 - 19.45 Pregnancy Yoga suitable from 15 weeks+	20.00 - 21.00 Yoga for Men
	SMALL STUDIO	Neuromechanics Coach - Tracy Lamond 12pm - 6pm					
TUESDAY	MAIN STUDIO	9.00 - 10.00 Fletcher Pilates with Kaye	10.00 - 11.00 Fletcher Pilates with Kaye	11.45 - 12.45 Baby Yoga with Little bodi's	13.30 - 14.30 Mama Bear Club with Emily Postnatal Pilates		19.45 - 21.45 NCT Antenatal Class
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 1.30pm					
WEDNESDAY	MAIN STUDIO	9.30 -10.15 TINY ACORNS Music & Sensory Class Toddlers	10.30 -11.15 TINY ACORNS Music & Sensory Class Toddlers		13.30 - 14.45 BABY MASSAGE with Cathy		19.30 - 21.30 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	18.00 - 19.00 Pilates with Karolina	
	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				
	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