

* 2020 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	11.30 -12.15 TINY ACORNS Music & Sensory Class Babies		18.30 - 19.45 Pregnancy Yoga suitable from 15 weeks+	20.00 - 21.00 Yoga for Men
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 8am - 8pm					
TUESDAY	MAIN STUDIO			13.30 -14.30 HARTBEEPS Music & Sensory Class Babies	14.45 -15.30 HARTBEEPS Music & Sensory Class Babies		19.45 - 21.45 NCT Antenatal Class
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 12midday					
WEDNESDAY	MAIN STUDIO	9.15 -10.00 TINY ACORNS Music & Sensory Class Toddlers	10.15 -11.00 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 - 12midday					
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 - 12midday					
FRIDAY	MAIN STUDIO	9am - 10am TAI CHI with Yoko Beginners Welcome				18.30 - 19.30 Vinyasa Flow & Savasana Yoga with Aisling	
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 12midday					
SATURDAY	MAIN STUDIO	10.00 - 17.00 NCT Antenatal and Breastfeeding Classes & other workshops					Available for childrens parties
	SMALL STUDIO	Bodyrefine Personal Training, Injury Treatment & Rehab, Massage Therapy Mon to Sat 7am - 12midday					
SUNDAY	MAIN STUDIO	Available for childrens parties					
	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