



## SPRING TIMETABLE 2010

DAY	MORNING	AFTERNOON	EVENING
Monday	CLINIC CLOSED	CLINIC CLOSED	CLINIC CLOSED
Tuesday		2.30pm - 3.30pm <b>NEW!</b> Baby Yoga*	6.30 - 7.45pm <b>NEW!</b> Candlelit Yoga for Pregnancy 7:45 - 9.00pm Advanced Pilates Body Sculpting
Wednesday	11 - 2.30pm <b>NEW!</b> Post Cesarean Mind & Body Yoga	12:15 - 1:15pm <b>NEW!</b> Express Pregnancy Yoga	7:30 - 8:45pm <b>NEW!</b> Post Natal Pilates
Thursday	10:00 - 11:30am Gentle Pregnancy Yoga	11:45 - 12:45pm Mum & Baby Yoga	7 - 8.15pm <b>NEW!</b> Pre Pregnancy Yoga (to support fertility)
Friday	11:00 - 12:30pm Yoga & Hypnobirthing	2:30 - 3:30pm Developmental Baby Massage	
Saturday	10:00 - 11:30am Yoga for Pregnancy with Birth Preparation	11:45 - 1:00pm Pilates for Pregnancy	
Sunday	<b>COMING SOON!</b> Pre and Post Natal Pilates ( <i>starting Easter 2010</i> )		

Our classes are designed to be taken as a minimum 5 week course - building week on week to give you skills and confidence to support your health and wellbeing however all classes are now also available on a drop in basis and you can mix and match classes to suit you. Places can be booked online until 60 minutes prior to the class start time.\* NB. *This timetable may be subject to change. Please see our website for up to the minute information.*

**SPECIAL OFFERS** • **BRING A FRIEND FOR A FIVER\***  
• **DROP IN & SAVE A FIVER\***  
\* See website for full details, terms and conditions

**\*Book online at [www.meandmybabyclinic.co.uk](http://www.meandmybabyclinic.co.uk)**  
For further details call 020 7751 4170, option 1; yoga option 2