

MONDAY

Buggy Fit

10:30-11:15

Bring your baby along in their buggy for this low-impact workout class, designed to get your body moving!

TUESDAY

Parent & Baby Balance

10:00-10:45

Balance combines Yoga, Tai Chi & Pilates to build flexibility and strength, leaving you feeling centred and calm whilst your little one lays by your side.

Parent & Baby Drop In

11:00-11:30

Additional Summer Classes From 31st July: Wed 10:35-11:05 / 11:05-11:35

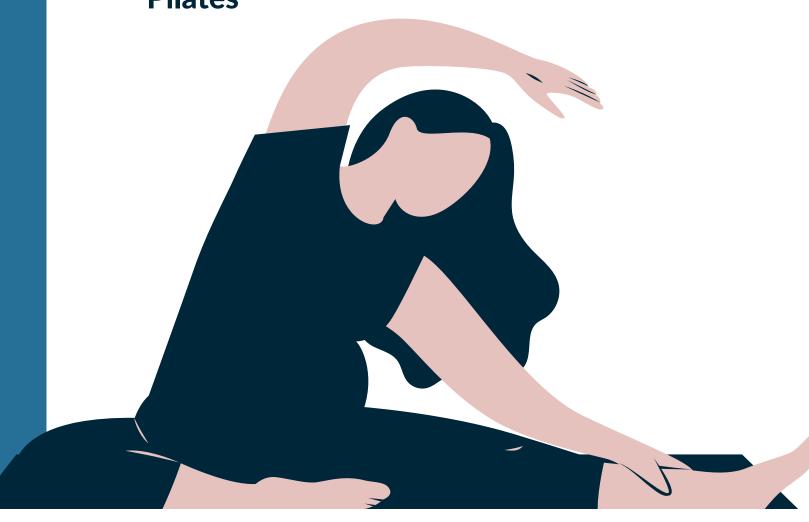
A drop-in swimming lesson to build parents/guardians & their babies confidence in the water (ages 3-18 months). (PAYGO Only: £5.25 per class)

THURSDAY

Parent & Baby Pilates

10:30-11:15

Follow along with a series of Pilates exercises, specifically designed to safetly enhance postpartum recovery.









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