



free

Bump, Parent and Baby Fitness

Enfield residents only

Online fitness

sessions for pregnant mothers, new parents and babies



DAY & DATE/S OF CLASS	CLASS TYPE & DESCRIPTION	TIME	DURATION	INSTRUCTOR	DURATION
BLOCK 1					
Tue 16th, 23rd & 30th Mar	Baby Yoga - age 3mths to walking	10.30am	45min	Dai	3-week course
Tue 16th, 23rd & 30th Mar	Bump Fitness	7.30pm	45min	Amy	3-week course
Thu 18th, 25th Mar & 1st Apr	Post Natal Fitness	1.30pm	45min	Amy	3-week course
Fri 19th & 26th Mar	Bump Yoga	1pm	45min	Roisin	2-week course
Sat 20th Mar	Bump Yoga	10.45am	45min	Roisin	One off session
Sat 27th Mar	Daddy & Baby Yoga - age 3mths to walking	11am	30min	Dai	One off session
Sat 27th Mar	Daddy & Me Yoga - age 2-11yrs	11.45am	30min	Dai	One off session
Sat 3rd Apr	Family Yoga - Nursery/Primary age	11am	45min	Dai	One off session
BLOCK 2					
Tue 6th, 13th & 20th Apr	Baby Yoga	10.30am	45min	Dai	3-week course
Tue 6th, 13th & 20th Apr	Bump Fitness	7.30pm	45min	Amy	3-week course
Thu 8th, 15th & 22nd Apr	Post Natal Fitness	1.30pm	45min	Amy	3-week course
Fri 9th, 16th & 23rd Apr	Bump Yoga	1pm	45mins	Roisin	3-week course
Sat 10th Apr	Daddy & Baby Yoga - age 3mths to walking	11am	30min	Dai	One off session
Sat 10th Apr	Daddy & Me Yoga - age 2-11yrs	11.45am	30min	Dai	One off session
Sat 17th Apr	Family Yoga Nursery/Primary	11am	45min	Dai	One off session
Sat 24th Apr	Bump Yoga	10.45am	45min	Roisin	One off session

Postnatal sessions are for 6wks+ post-natal or 10-12wks+ if you had a c-section. You must be signed off by your GP to confirm you are fit to exercise before attending Postnatal sessions. Bump sessions are for those 14wks+ antenatal.

On confirmation of your booking you will receive a confirmation email - this will include a PRE CLASS INFO form - this must be completed and submitted before the booking closing time.

To book please visit www.activeenfield.co.uk/whats-on/

www.enfield.gov.uk





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DAY & DATE/S OF CLASS	CLASS TYPE & DESCRIPTION	TIME	DURATION	INSTRUCTOR	DURATION
BLOCK 3					
Tue 27th Apr & 4th, 11th May	Baby Yoga	10.30am	45min	Dai	3-week course
Tue 27th Apr & 4th, 11th May	Bump Fitness	7.30pm	45min	Amy	3-week course
Thu 29th Apr & 6th, 13th May	Post Natal Fitness	1.30pm	45min	Amy	3-week course
Fri 30th Apr & 7th, 14th May	Bump Yoga	1pm	45mins	Roisin	3-week course
Sat 1st May	Daddy & Baby Yoga - age 3mths to walking	11am	30min	Dai	One off session
Sat 1st May	Daddy & Me Yoga - age 2-11yrs	11.45am	30min	Dai	One off session
Sat 8th May	Bump Yoga	10.45am	45min	Roisin	One off session
Sat 15th May	Family Yoga Nursery/Primary	11am	45min	Dai	One off session
BLOCK 4					
Tue 18th, 25th May & 1st June	Baby Yoga	10.30am	45min	Dai	3-week course
Tue 18th, 25th May & 1st June	Bump Fitness	7.30pm	45min	Amy	3-week course
Thu 20th, 27th May & 3rd June	Post Natal Fitness	1.30pm	45min	Amy	3-week course
Fri 21st, 28th May & 4th June	Bump Yoga	1pm	45mins	Roisin	3-week course
Sat 22nd May	Daddy & Baby Yoga - age 3mths to walking	11am	30min	Dai	One off session
Sat 22nd May	Daddy & Me Yoga - age 2-11yrs	11.45am	30min	Dai	One off session
Sat 29th May	Bump Yoga	10.45am	45min	Roisin	One off session
Sat 5th June	Family Yoga Nursery/Primary	11am	45min	Dai	One off session

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