

Glo Family Class Timetable Autumn 2010



MORNINGS			
Time	Class	Where	Age
Monday			
10-10.45	Mums on Mats	Studio	Postnatal
11-11.30	Creative play	Main Hall	0-5 yrs
Tuesday			
9.45-10.30	Caterpillar Music Caterpillar class	Studio	Baby/Toddler
10:45-11:30	Caterpillar Music Butterfly class	Studio	Toddler/Pre-school
12-12.45	Aerobics and Abs	Studio	Adult
11-11:30	Creative Play	Main Hall	0-5 yrs
Wednesday			
10-10.45	Baby Massage, Reflexology & Shiatsu	Studio	6 wks-6 mths
11-11:30	Creative Play	Main Hall	0-5 yrs
12.12.45	Legs Bums & Tums	Studio	Adult
Thursday			
10-10.30	Babywinks	Studio	4.5-18 mths
10.30-11	Babywinks	Studio	4.5-18 mths
11.30-12.30	Mum and Baby Yoga	Studio	8 wks-8 mths
11-11.30	Creative Play	Main Hall	0-5 yrs
Friday			
11-11:30	Creative Play	Main Hall	0-5 yrs
Saturday			
9:30-10	Mini Stars Dance	Studio	2.5-4 yrs
10-10.45	Twirling Ballerinas	Studio	4-6 yrs
10-10.45	Aquanatal	Hallmark Hotel	Adult
10.45-11.30	Little Groovers	Studio	5-8 yrs
11-11.30	Creative Play	Main Hall	0-5 yrs
Sunday			
11-11:30	Creative Play	Main Hall	0-5 yrs

AFTERNOONS			
Time	Class	Where	Age
Monday			
1-1.30	Rhythm Time	Studio	0-15 mths
1.40-2.10	Rhythm Time	Studio	15 mths- 3 yrs
2-2.30	Creative Play	Main Hall	0-5 yrs
Tuesday			
1-1.30	Mummy & Me Dance	Studio	18mths-2.5 yrs
1.30-2	Mini Stars Dance	Studio	2.5-4 yrs
2-2:30	Creative Play	Main Hall	0-5 yrs
4.30-5.30	Little Gems Children's Yoga	Studio	4-10 yrs
Wednesday			
1-1.40	Birthlight Baby Yoga for Toddlers	Studio	Mobile babies - 20 mths
1.40-2.30	Birthlight Baby Yoga	Studio	4 wks-mobile babies
2-2:30	Creative Play	Main Hall	0-5 yrs
Thursday			
2-2:30	Creative Play	Main Hall	0-5 yrs
2.05-2.50	Pyjama Drama	Studio	2-5yrs
4-4.45	Twirling Ballerinas	Studio	4-6 yrs
4.45-5.30	Little Groovers	Studio	5-8 yrs
Friday			
12.30-1.30	Pilates - level 1, 2 & 3	Studio	Adult
2-2.30	Creative Play	Main Hall	0-5 yrs
Saturday			
12-1	Fit Mums-to-be	Studio	Adult
2-2.30	Creative Play	Main Hall	0-5 yrs
Sunday			
2-2.30	Creative Play	Main Hall	0-5 yrs

EVENINGS			
Time	Class	Where	Age
Monday			
6:30-7:30	Pole Dancing - level 1	Studio	Adult
7:30-8.30	Burlesque & Chair Dance	Studio	Adult
8:30-9.30	Pole Dancing - level 2 & 3	Studio	Adult
8-10	Everyman Art Gallery - Still Life	Main Hall	Adult
Tuesday			
5:45-7.15	Pregnancy Yoga	Studio	Adult
7.30-9	Hatha Yoga	Studio	Adult
Wednesday			
6-7	Pilates - level 1	Studio	Adult
7-8	Pilates - level 2 & 3	Studio	Adult
8-9	Zumba	Studio	Adult
Thursday			
8-8.45	Cardio Blast	Main Hall	Adult
Friday			
Saturday			
Sunday			

Classes highlighted in lilac are free of charge. Classes highlighted in green attract a 10% discount for Glo Family members (50% discount on registration fee for Babywinks).