



PRE/POSTNATAL, ADULT AND FAMILY CLASS SCHEDULE

A circular seal with a serrated edge. At the top, it says "2020". Below that, "DC Parent" is written in a stylized font, flanked by two stars. A horizontal banner across the middle reads "SILVER WINNER" in bold, uppercase letters. At the bottom, there is an icon of a family (two adults and a child) and the text "FAMILY FAVOURITE" in a curved path.

	MON	TUE	WED	THU	FRI	SAT	SUN
CLASSES						üwomb prenatal yoga 9am-10:15am	
adults							üwomb prenatal yoga 10am-11:15am
prenatal		4th trimester workshp 10:30am-12pm	üplay parent + toddler yoga 10:15am-11:10am		müsic baby + toddler music 10:15am-11:10am	family yoga all ages 10:30am-11:30am	
prenatal postnatal	übaby baby + me yoga 11am-12pm		füasion pre/postnatal yoga + fitness 11:30am-12:30pm	üflow vinyasa flow w/ childminding option 11am-12pm	üfit pre/postnatal fitness 11:30am-12:30pm		family yoga all ages 11:30am-12:30pm
babies toddlers	üwomb prenatal yoga 12:15pm-1:30pm						
family	family yoga all ages 4:30pm-5:30pm	müsic baby + toddler music 3:30pm-4:20pm					
birthday workshop		üwomb prenatal yoga 6pm-7:15pm	üenergize power vinyasa 6:30pm-7:30pm	üwomb prenatal yoga 6pm-7:15pm			
		ümove hatha 7:30pm-8:30pm	üchill yin 7:45pm-8:45pm	ümove hatha 7:30pm-8:30pm			
					friday 2pm onwards birthday party/ workshops booking	sat + sun sat 1pm onwards sun 2pm onwards birthday party/workshops booking	



SPRING 2021

KIDS 10 WEEK SERIES SCHEDULE

APRIL - JUNE



REGISTER

	MON	TUE	WED	THU	FRI	SAT	SUN
KIDS CLASSES						preschoolers 3-5yrs old 9am-10am	preschoolers 3-5yrs old 9am-10am
PRESCHOOLERS 3-5 YEARS OLD						youngsters 6-12yrs old 10:15am-11:15am	youngsters 6-12yrs old 10:15am-11:15am
	preschoolers 3-5yrs old 10am-11am				preschoolers 3-5yrs old 10am-11am		
YOUNGSTERS 6-12 YEARS OLD							
		preschoolers 3-5yrs old 3:30pm-4:30pm		preschoolers 3-5yrs old 3:30pm-4:30pm			
		youngsters 6-12yrs old 4:30pm-5:30pm		youngsters 6-12yrs old 4:30pm-5:30pm			
BIRTHDAY PARTY BOOKING							