

Baby massage class timetable

Class dates up to Easter

My classes are on-going and you can join a class at any time provided there is space available. Classes cost £40 for five consecutive classes. Any holidays or other commitments that you know about at the time of booking will be honoured.

Your baby is developing and changing all the time and you can continue to enjoy massage together in classes until your baby is mobile. Mums are encouraged to continue with classes until their baby is on the move. Subsequent blocks of five classes cost £30.

Details of how to book are given below. If there is no space immediately available I will be able to let you know when a place will become available.

If you have any queries about the classes please email me or call me on 029 20 481806/07833 558964

Venue	Booking	Time	Timetable Starts	Timetable Ends	Please note there are no classes on the dates below:
Cafe Junior, Roath	Direct with me – see below	Tuesday 12.45 pm	17/1/12	3/4/12	14/2/12
Insole Court, Llandaff	Direct with me – see below	Friday 12.pm	13/1/12	30/3/12	27/1/12 17/2/12
The Body Clinic, Whitchurch	Direct with the Clinic – see below	Tuesday 11.00 am	10/1/12	3/4/12	14/2/12

Booking Classes at Café Junior and Insole Court

Please download a booking form and email me or alternatively send me all your details in an email (name, address, contact number, **land line please if possible**, baby's name and age) and where you heard about the classes. Please ensure you tell me when you would like to start. I will email confirming your place or letting you know the next available start date and with payment details.

Booking Classes at the Body Clinic, Whitchurch

Please call 029 20 626344 or email the clinic at reception@NHFC.co.uk. They will send you out information about the classes and a booking form. It is possible to make a payment for the classes over the phone using a debit or credit card. When booking please could you let them know that you found out about the classes from myself.

www.sheilalittleboy.com 029 20 481 806/07833 558964