

Active Bump Birth Baby timetable

Term time only, except for Bumps and Buggies Walk

All sessions are free to attend, excluding Active Mams at Waves (£2.80)

Timetable valid from Monday 22 April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Bumps and Buggies Walk* (From Monday 3 June) Richardson Dees Park 1.15-2.15pm <i>(Suitable for pregnant women and new mams, beginner fitness level)</i></p>	<p>Aqua Mams Hadrian Leisure Centre 9.30-10.15am <i>(For pregnant women, beginner fitness level)</i></p>	<p>Aqua Mams The Lakeside Centre 9.30-10.15am <i>(For pregnant women, beginner fitness level)</i></p>	<p>Active Mams The Parks 12.30-1.30pm <i>(Beginner to intermediate fitness level)</i></p>	<p>Postnatal Pilates The Parks 9.45-10.45am <i>(For postnatal women, beginner fitness level)</i></p>
		<p>Active Mams Waves 10-11am <i>(Advanced fitness level)</i></p>		
		<p>Active Mams West Moor Community Centre 11am-12pm <i>(Intermediate fitness level)</i></p>		

*The Bumps and Buggies Walk session will run from June to September, including during the school holidays

