

# Taster Session Timetable

ALL Classes are FREE Taster sessions

You can also buy a ALLDAY & ANYTIME To grant you access to ALL sessions



AM (10am - 1pm) tickets can do as little or ALL of the morning sessions.

10:30am	Love Yoga with Lisa	An exciting new class called Rockabye Babies - Its a fusion of massage, yoga and use of hanging silks! (no silks for the taster)	6 weeks - Crawling
11:00am	Debutots Nottingham	Our Family Story Play taster class includes a unique multisensory blend of interactive storytelling, drama play, puppets, bubbles and movement to music- plenty of fun for you and your little ones.	Aimed at 6mths-5yrs
11:30am	Baby Sparks	Baby and Toddler sensory class taster - Spark Shakers, suitable for 6 to 13 months but older and younger babies and toddlers are very welcome to join in.	Aimed at 6mths - 13 mths (older and younger are welcomed)
12:00	TinyTalk	A family TinyTalk Baby Signing class	Aimed at birth - 2 year olds (older toddlers are welcomed)
12:30	MamaBabyBliss	Baby Yoga aims to help strengthen your baby's bones, muscle tone and develop co-ordination and sensory-motor skills. Our classes will teach you a series of structured baby yoga moves to help foster your baby's development.	Aimed at 10 weeks to crawling
1:00pm	Hush Little Darling	Talk on my top tips for a good nights sleep with children!	ALL WELCOME

PM (1pm - 4pm) tickets can do as little or ALL of the Afternoon Sessions

1:00pm	Hush Little Darling	Talk on my top tips for a good nights sleep with children!	ALL WELCOME
1:30pm	LullaBaby	LullaBaby Taster Session filled with music, sensory play and fun!	Aimed at 0-24 months. (older toddlers are welcomed)
2:00pm	Baby Sparks	Baby and Toddler sensory class taster - Spark Shakers, suitable for 6 to 13 months but older and younger babies and toddlers are very welcome to join in.	Aimed at 6mths - 13 mths (older and younger are welcomed)
2:30pm	BabyBallet Nottingham	Fun, musical class for boy and girls who love to dance.	Aimed at 18 months - 4 years (older and younger aged babies and toddlers are welcomed)
3:00pm	Stillness In Motion	Baby Massage & Yoga	Aimed at birth to crawling
3:30pm	TBC	TBC	