

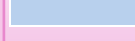


August Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 9.00 – 12.00	Boot Camp Start: 09.35 Duration: 45 mins Instructor: Marina	Mum/Baby Pilates Start: 10.00 Duration: 40 mins Instructor: Poppy	Lose your Mummy Tummy Start: 09.35 Duration: 45 mins Instructor: Elin	Boot Camp Start: 09.35 Duration: 45 mins Instructor: Alessia	Amanda's Action Kids Start: 9.45 and Start: 10.20 Duration: 30 mins Instructor: Emma	Dynamic Flow Yoga Start: 8.30 Duration: 60 mins Instructor: Kasia
	Holistic Fusion (Yoga, Pilates & tai chi) Start: 10.35 Duration 60 mins Instructor: Marina	Mummy-lates Start: 10.45 Duration: 45 mins Instructor: Poppy	Mummy-lates Start: 10.35 Duration: 45 mins Instructor: Kelly	Yoga & Relaxation Start: 10.35 Duration: 55 mins Instructor: Jenny	Fighting Fit Start: 11.05 Duration: 45 mins Instructor: Alessia	Pregnancy Yoga Start: 9.30 Duration: 60 mins Instructor: Kasia
Afternoon 14.00 – 18.00	Buddha Babies (not 10/8) 6 wks to sitting – 2 classes Start: 14.00 and Start 14.45 Duration: 45 mins Instructor: Kasia	Fighting Fit Start: 14.05 Duration: 45 mins Instructor: Alessia	Buggy Fitness Start: 15.00 Duration: 45 mins Instructor: Marina	Abs Attack Start: 14.05 Duration: 45 mins Instructor: Marina	Buggy Fitness (not 21/8) Start: 15.30 Duration: 45 mins Instructor: Lisa / Alessia	Mini Masterpieces Start: 14.30 Duration: 30 mins Instructor: Debbie
	Buddha Babies (not 10/8) Sitting to Toddlers Start: 15.30 Duration: 45 mins Instructor: Kasia	Baby Massage (Pre-booked 6-week course) Duration: 45 mins Instructor: Stephanie	Baby Picassos Start: 15.45 Duration: 30 mins Instructor: Debbie	Tin Pan Annie Ages 3-9 months Start: 15.00 All ages Ages 10 months & over Start: 15.35 Start: 16.10 Duration: 30 mins Instructor: Krissy	Baby Italian Beginners: (not 21/8) Start: 15.00 Intermediates: Start: 15.35 Duration: 30 mins Instructor: Rita	
Evening 19.00 – 21.00	Cardio Fit Start: 19.00 Duration: 45 mins Instructor: Marina	Pregnancy Pilates (18/8 only) Start: 19.00 Duration: 60 mins Instructor: Kasia	Pregnancy Yoga Start: 19.00 Duration: 60 mins Instructor: Jenny			
	Holistic Fusion (Yoga, Pilates & tai chi) Start: 19.45 Duration: 60 mins Instructor: Marina	Classical Hatha Yoga for pregnancy (Not 18/8) Start: 19.00 Duration: 60 mins Instructor: Jenny	Outdoor Boot Camp for Mum and Dad Start: 19.30 Duration: 45 mins Instructor: Lisa			

Colour Code:

-  Classes for Mums and Dads Only
-  Classes Appropriate for Mums-to-Be*
-  Classes for Adults and Children

August Seminars	Description	Speaker/Host	Date/Time
Wardrobe Workshop	When we heard Keely's presentation we knew we had to invite her in to tell us more. The aim of this workshop is to learn her 'Shopping Rules' and how <i>not</i> to waste another penny on clothes you won't wear! This workshop will help you to understand: the reasons why you have "nothing to wear," the purpose of clothes, the importance of colour, your wardrobe personality and how to work with your body shape. A must for anyone at any stage of pregnancy or motherhood.	Keely, Your new Perspectives	Fri. 7/8 12.00
Baby Confidence – Preparing for Baby's Arrival	We're delighted to welcome back Vicki Scott from Baby Confidence who, this month, will focus on life with a new born. This comes very highly recommended to all our ums-to-be as Vicki will provide you with some invaluable advice on preparing for your baby's arrival, breast feeding, routines and coping strategies. At the end of the session you are invited to join in a question and answer session.	Vicki Scott, Baby Confidence	Thurs. 13/8. 19.30
New Cupcake Member's Coffee	Hosted by Karen, this monthly event gives our new members the chance to meet each other and to find out more about the club.	Karen Hastings, MD of Cupcake	Wed. 19/8 12.30
Get Started with Writing	They say everyone has at least one book (or blog!) inside them. Join the editor of our newsletter, The Icing on the Cupcake, to form or discuss your writing goals, learn quick tips to get started with writing and try some practical exercises in a pressure-free environment. Devon wrote the first show based on a blog at the Edinburgh Fringe Festival and London Comedy Festival in 2004 and one of her blogs has been featured in TIME magazine. She also wrote a play which was performed at RADA.	Devon Dudgeon	Thurs. 20/8 12.30
Picnic in the Park	After a very successful outing in July we're offering you the chance to join us again for a picnic in Wandsworth Park. A picnic lunch will be supplied for you and your children and we'll ensure that we have a good wet weather plan in place! Price: £7.50 per adult (includes your child's food too). £3.00 per additional child.	Cupcake Staff	Fri. 21/8 12.00
Paediatric First Aid	This essential First Aid course is being run twice this month and provides an introduction to child safety. Paediatric First Aid is ideally suited for mum and dad to attend together and is led by the experts at Tinies Training.	Sue Mackenzie Phillips, Tinies	Sat 22/8 13.30 & 16.00
Avoiding Food Allergy in Babies	We are delighted to welcome Dr George Du Toit, a Consultant in Paediatric Allergy to give us the facts on nutritional prevention of food allergy during pregnancy, whilst breastfeeding and in early infancy. A fascinating talk for our mums-to-be and breastfeeding mums.	Dr George Du Toit	Mon 24/8 19.30
Tips on Setting up Your Own Business	Thinking about a return to work but want to do something that fits in around your child? Whether you're a budding mumpreneur, or just want to engage in some non-baby conversation, join us for an inspirational seminar led by MD and founder of Cupcake, Karen Hastings. She will discuss the process of setting up a business and how to adapt it to suit your lifestyle.	Karen Hastings, MD of Cupcake	Thurs. 27/8 15.00
August Clubs	Description	Speaker/Host	Date/Time
Mums-to-be: Speed Bumps	This monthly group provides our mums-to-be with the ideal opportunity to meet other mums-to-be in the local area. Hosted by Cathy, an NCT teacher and local mum, join us in our café for a drink, chat and a chance to learn and socialise. This event is open to members and non-members.	Cathy Sage	Tues 4/8 19.00
The Cupcake Book Club	If you're finding that you need an incentive to pick up a book these days, then our book club is for you. This increasingly popular club returns this month to discuss 'Love in the Time of Cholera' by Gabriel Garcia Marquez. Two sessions will be run this month, one on a Tuesday evening, the other on a Tuesday afternoon. Pick the time that suits you best and join other members for a stimulating discussion and a refreshing change from baby talk.	Evelyn Lobos, Cupcake staff	Tues. 4/8 19.30 & Tues 18/8 14.30
Cookery Club: The Art of Sushi	Milli, our head chef, has a passion for sushi making which she was taught by her Japanese grandmother. During this session, Milli will guide you through the art of sushi making using the best and freshest fish in London from Atari-ya in Kingston which has been an authentic Japanese quality food shop for 40 years (http://www.atariya.co.uk/). Your tools will be beautiful antique Japanese china bowls, sake cups and ornate chopsticks courtesy of Milli's grandmother. The £40 fee covers the instruction, all materials for the night, dinner (plus some to take home!) and wine for the entire evening. Partners and non members very welcome. Please book in advance.	Milli Tayler	Thurs 6/8 from 19.00
Cupcake Wine Club	The perfect way to end the week – join us on a Friday afternoon in our cafe when we will explore a different wine region each session. Hosted by Milli and Jessica St. Clair, a cupcake member and wine expert, enjoy sampling and learning more about the cellars, vineyards, and wineries of the US and France. The wine will be accompanied by cheese and nibbles. Cost: £10 per head. Please book in advance.	Milli Taylor & Jessica St.Clair	Fri. 7/8 16.00
The Cupcake Knitting Club	Run by member Jessica St. Claire, this bimonthly knitting club will give you the opportunity to meet others, have a chat and produce your very own garments. You will need to bring your own materials. Please ask when booking and we will advise what we are making in the session.	Jessica St.Clair, Cupcake member	Weds. 12/8 Weds. 26/8 14.00
Member Feedback Session	We always like to hear our member's feedback. This session gives you a chance to meet with Karen over a cup of coffee or tea in our cafe to discuss the club, Cupcake classes and make any suggestions.	Karen Hastings, MD of Cupcake	Fri. 14/8 12.00

Cupcake Class Descriptions

We love that you enjoy Cupcake's classes. Because we want as many of you to enjoy our classes as possible, we request 24 hours notice if you cannot attend a pre-booked class, failure to do this will mean you cannot book a place the following week. The other mummies would really appreciate your space. We also require 24 hours notice for crèche cancellations. No shows will be subject to a charge.

Classes for Mums and Dads Only

Abs Attack

Say goodbye to your belly and fast forward to a slimmer, trimmer tummy! Build core strength, muscle tone and definition.

Boot Camp

The perfect all-around workout, including fat-burning, core conditioning, full body toning, boxing, stretching and more!

Cardio Fit

A high energy, all-around cardio workout, to improve muscle tone, definition and core strength while increasing overall fitness levels.

Dynamic Flow Yoga

Stretch, strengthen and tone with classic yoga moves. Suitable for all levels.

Fighting Fit

Time for some serious cardio! In this non-contact boxing class, you will get an intense full body workout to help you burn fat, de-stress and get an injection of self confidence.

Lose Your Mummy Tummy

This class will focus on simple 'target' exercises to help regain all-around physical strength, especially in your abdomen.

Mummy-lates

Pilates for mums. A holistic exercise programme to rebalance and fine tune your body, Mummy-lates helps improve your strength, flexibility, posture and stamina.

Outdoor Boot Camp

Enjoy the summer weather and break a sweat in the sun with our Outdoor Boot Camp. A great all-around workout, including fat-burning, core conditioning, full body toning, boxing, stretching and more.

Yoga and Relaxation

Run by our resident yoga expert Jenny who teaches classical Hatha yoga. Everyone is welcome from beginners to intermediates and the class covers: exercise focusing on strengthening and stretching; proper breathing for physical and mental rejuvenation; recharging through proper relaxation. New Mums are encouraged to attend from as early as 4 weeks after a natural birth and 8 weeks after a C-section.

Classes Appropriate for Mums-to-Be*

Holistic Fusion

This beautiful class for ante- and postnatal mummies combines a fusion of yoga, Pilates and tai chi moves, all set to music.

Pregnancy Pilates

A holistic exercise programme to rebalance and fine tune your body through pregnancy. This class helps improve your strength, flexibility, posture and stamina.

Pregnancy Yoga

Pregnancy yoga will help you build muscle strength and relax, with exercises to stretch and flex the body while pregnant. This class is generally suitable after the 14th week. Pregnancy yoga class should help you feel confident as you prepare for birth.

The Classical Hatha Yoga class for Pregnancy helps you to take care of yourself physically,

mentally and emotionally with: Asanas (postures), Pranayama (breathing), relaxation and meditation.

Classes for Adults and Children

Amanda's Action Kids™

Amanda's Action Kids are interactive physical development classes that kids just love. Age range is 4 months to 5 years. Each session lasts an action-packed 30 minutes and children are encouraged through exercise and movement to have fun and let off steam.

Baby Italian

A welcome return of the popular Mum and baby/toddler classes providing a light hearted introduction to Italian for their little ones through songs and play.

Baby Massage

This six-week course is set in a relaxed and calm environment, where all babies are welcome with their sounds and moods. Cupcake's Baby Massage class is the perfect time for parents to interact and bond with their baby through loving, nurturing touch, and also a chance to meet new parents and interact with one another through class discussions.

Baby Picassos

Some messy playtime for your little artists. For children 18 months+.

Buddha Babies

These yoga-based baby and toddler classes are for parents to attend with their little ones. It's a fun class with songs, baby massage and yoga positions for both the adults and the children. No previous yoga experience is needed.

There are 3 classes each week – the first 2 are for

babies from 6 weeks until they are able to sit and the third class is for babies from sitting until approximately 18 months.

Buggy Fitness

A full body workout. Each mum/baby class begins with a warm-up, followed by intervals of power walking and body-sculpting training using your own body weight, resistance bands and park benches. All levels of fitness welcome – bring your baby and buggy!

Daddy Karate (Mummy is also welcome!)

Get fit and pick up some basic self defence techniques with this soft-style, non-contact martial art with an introduction into Shotokai karate. This is a beginners class with the focus on the "art" and not the "martial" aspects of practice. No special equipment is required but loose, comfortable clothing is advised.

Learn Baby Signing for Mum and Dad

This is a drop in session and focuses on Baby Signing and its benefits for parent/baby communication. Baby signing also enhances babies' early speech, language and literacy skills.

Little Chefs

You will be amazed by the culinary talents of your children as our Mimi's Cupcakes chefs guide them in simple exercises (like frosting cupcakes!). Little Chefs is for children over 18 months.

Mini Masterpieces

Time to roll up the sleeves and get ready to squidge, stick and splodge! Activities vary each week and could be anything from different painting techniques to making a print of your child's hands or feet in clay or salt dough. Whatever we do, it will combine an exciting activity for babies and toddlers with a special childhood memento for you. This class is for all ages, however some weeks may be more suited to toddlers. You can drop in with your child at anytime during the hour.

Mum/Baby Pilates

Mum/Baby Pilates is a workout built for two. This lovely baby class is suitable for little ones up to 18 months.

Mummy and Daddy Buggy Fitness

A full body workout. Each parent/baby class begins with a warm-up, followed by intervals of power walking and body-sculpting training using your own body weight, resistance bands and park benches. All levels of fitness welcome – bring your baby and buggy!

Tin Pan Annie

An exciting class introducing live music, singing, action, storytelling and percussion! Not only is this great fun, it also helps develop invaluable social "life skills" such as joining-in, sharing, listening and performing in a happy, relaxed atmosphere.