

July Timetable	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 9.00 – 12.00	Boot Camp Start: 09.35 Duration: 45 mins Instructor: Marina	Mummy/Baby Pilates Start: 09.30 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: 10.35 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 6 wks to sitting – 2 classes 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 Start: 15.30 Duration: 45 mins Instructor: Lisa	Mini Masterpieces Start: 14.30 Duration: 30 mins Instructor: Debbie
	Buddha Babies Sitting to Toddlers Start: 15.30 Duration: 45 mins Instructor: Kasia	Baby Massage (Pre-booked 6-week course from 7/7) 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 Start: 15.35 Ages 10 months & over Start: 16.10 Duration: 30 mins Instructor: Krissy	Bambino Latino (not on 3/7) Mummy & Baby Salsa Start: 15.00 Mummy & Toddler Salsa Start: 15.30 Duration: 30 mins Instructor: Urska	
Evening 19.00 – 21.00	Cardio Fit Start: 19.00 Duration: 45 mins Instructor: Marina	Pregnancy Pilates Start: 19.00 Duration: 60 mins Instructor: Katie	Pregnancy Yoga Start: 19.00 Duration: 60 mins Instructor: Jenny			
	Holistic Fusion (Yoga, Pilates & tai chi) Start: 19:45 Duration: 60 mins Instructor: Marina	Swiss Ball Workout Start: 20.00 Duration: 45 mins Instructor: Katie	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

July Seminars	Description	Speaker/Host	Date/Time
Picnic in the Park	Join us for a picnic in Wandsworth Park. We'll encourage your little ones to dress up and bring along their teddies. Bring along a picnic blanket too. We'll do the rest. 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. 3/7 12.00
Meet your MP	Justine Greening is the Conservative MP for Putney, Roehampton and Southfields and was elected in May 2005. She prides herself on getting out and about to find out what her constituents are concerned about. We are delighted that she will be visiting us to hear your questions and views. One not to miss.	Justine Greening MP	Mon. 6/7 12.00
Positive parenting – how to talk so your child will listen.	Many of you will be entering in to the tricky world of toddlers. To help you understand how you can influence your child's behaviour, confidence and self-esteem, we have invited Amanda Benbow, an Educational Psychologist, to give us some invaluable tips. Amanda specialises in child development and its link to parenting and will show us how building on parenting strengths can improve the communication with and the behaviour of your child. Amanda will also host a question and answer session on any issues you wish to discuss specifically about your child's behaviour.	Amanda Benbow	Fri.10/7 11.00
Baby Confidence – Feeding routines	We're delighted to welcome back Vicki Scott from Baby Confidence who, this month, will focus on your baby's feeding routine. She'll discuss how to encourage proper feeds which in turn helps to set up a good routine both during the day and at night. Vicki will also welcome any questions you may have specifically about your child's feeding or routine.	Vicki Scott, Baby Confidence	Tues. 14/7 12.00
New Cupcake Member's Coffee	Meet the other new mums and mums-to-be and enjoy a delicious coffee from our café.	Karen Hastings, MD of Cupcake	Wed. 15/7 12.30
Entrepreneur Seminar	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. 23/7 15.00
Paediatric First Aid	This introduction to safety for your children is a must. 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	Sat. 25/7 14:00
Interior Designer tips	Mary Boston is our resident Interior Designer so you already know she has fantastic style and taste! Join Mary and learn some top tips on how to create a child friendly and stylish interior.	Mary Boston	Thurs. 30/7 11.00
Burlesque evening with Miss Honey Bomb	An evening of guaranteed fun with a lot of giggles. Our own Cupcake Mum and Burlesque star, Prue, will wow us with a performance followed by a chance for you to learn the tricks of the trade. A glass of champagne is on offer and then it's your turn to try out this flirty, sassy and oh so sexy style of dance. Skirts, high heels and lip stick are mandatory. Why not push the boat out and bring along stockings and a feather boa too! Our members who have already attended this class will confirm this is a brilliant evening out. Book your space asap. .£10 including bubbles and canapés.	Miss Honey Bomb	Thurs. 30/7 19.00
July Clubs	Description	Speaker/Host	Date/Time
The Cupcake Book Club	Run by members Andrea, Jessica and staff member Evelyn, this is a great way to meet other members, have a glass of wine and enjoy a good chat! Join us for July's session to discuss <i>Eat, Pray, Love</i> . The session will be repeated two weeks later during the day for those who can't make the evening session. The book for August will be <i>Love in the Time of Cholera</i> .	Evelyn Lobos, Cupcake staff	Tues. 7/7 19.30 & Tues 21/7 14.30
Your Cupcake Voice	Cupcake members are invited to an afternoon tea and nibbles with Karen to discuss the club, Cupcake classes and make suggestions.	Karen Hastings, MD of Cupcake	Wed. 8/7 12.30
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. 15/7 Weds. 29/7 14.00
Speed Bumps	Join us in our café to meet other mums-to-be. This event is open to members and non-members.	Cathy Sage	Tues. 14/7 19.00
Cookery Club	Cookery Club will be back this month. Details TBC – watch this space!	Milli Taylor, Cupcake staff	TBC

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. Mums-to-be up to their second trimester are welcome to join our Wednesday class.

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.

Swiss Ball Workout

Engage and strengthen the muscles in your abdomen and back while improving your balance.

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.

Swiss Ball Workout

Engage and strengthen the muscles in your abdomen and back while improving your balance.

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 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+.

Bambino Latino – Mum/Baby Salsa

For mums and babies (6 weeks to 12 months) where mothers wear their babies in a baby carrier or sling whilst dancing to the pulsating Salsa rhythms. A fun and energising keep-fit class for all who want to add some spice back! Baby carrier required.

Bambino Latino – Mum/Toddler Salsa

For all the little ones (1-4 years old) that have outgrown a baby carrier and can now dance on their own two feet. A Latin Dance class full of tropical rhythms enriched with props to stimulate creativity, co-ordination and gross motor skills. With Latino Bambino, you and your child will enjoy a fun, energetic and challenging session that will leave you both with a smile on your face.

Buddha Babies

This yoga-based baby and tot class is for mummies and little ones. It's a fun class which has the curious toddler in mind! There will be animal yoga, breathing exercises, music, dance and, of course, games. Most suitable for toddlers aged 18 months to 36 months. No yoga experience necessary for parent or toddler.

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 six-week course 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.