

# Family Space

Class Schedule 19th - 25th August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15—09.50						Cloud Twelve Closure*	Cloud Twelve Closure*
10.15—10.50						Cloud Twelve Closure*	Cloud Twelve Closure*
11.15—11.50	Mindstorms Cauldron	Freedance	Rainmakers	Forest Fairytales	Tender Tastes	Cloud Twelve Closure*	Cloud Twelve Closure*
12.15—12.50						Cloud Twelve Closure*	Cloud Twelve Closure*
13.15—13.50						Cloud Twelve Closure*	Cloud Twelve Closure*
14.15—14.50						Cloud Twelve Closure*	Cloud Twelve Closure*
15.15—15.50						Cloud Twelve Closure*	Cloud Twelve Closure*
16.15—16.50	Tender Tastes	Mindstorms Cauldron	Forest Fairytales	Freedance	Rainmakers	Cloud Twelve Closure*	Cloud Twelve Closure*
17.15—17.50						Cloud Twelve Closure*	Cloud Twelve Closure*

\* Cloud Twelve will be closed for Notting Hill Carnival Holidays

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## Tent Tricks

In this one-of-a-kind, circus-themed class, we'll combine physical movements with fun and interactive storytelling to help children to learn about kindness, specifically towards animals traditionally used in the circus.

Suitable for babies and children aged 16 months to 5 years.

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## Yogi Bebes

In this yoga-inspired class for mum and baby, we aim to help you connect and strengthen attachment bonds through both body and mind by using stretching, balancing and mindfulness techniques.

Suitable for guardians and babies from birth to 2 years.

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## Rainmakers

Sing along to children's favourites whilst embracing natural play and mindfulness, in these sensorial sessions we'll explore objects, natural materials, sounds and smells to stimulate baby's senses. We welcome mums to join in the fun.

Suitable for babies aged 3 months to 2 years.

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## Rainclouds

Teaching children about the environment and showing kindness to the world around us, each Rainclouds class explores a different theme inspired by the natural world, through mindfulness, art, language and games.

Suitable for children aged 2 – 5 years.

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## Forest Fairytales

Set under the wishing tree in our magical forest, we'll explore stories like never before, bringing them to life with fun, interactive elements such as puppet shows and story-specific activities.

Suitable for babies and children from newborns to 7 years.

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## Tender Tastes

In this interactive plant-based cooking class, children will learn not only how to prepare delicious, organic meals from salads to desserts but understand the textures, tastes and lifecycle of each ingredient. The best part? They'll get to take their creation home!

Suitable for children aged 2 – 10 years.

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## Collective Creations

In this imaginative art class, we'll help children to understand the importance of being kind to the environment through the upcycling. We'll actively explore how by taking something old, like everyday household items, we can create something new and beautiful.

We offer two classes; one for children aged 6 months - 3 years and one for children aged 3 – 7 years.

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## Madam Mandala

Through Mandala, a focussed form of art stemming from the far East which has been used to help strengthen meditation and increase focus, this class embraces a range of different mediums from painting to origami and pottery, helping to increase focus and mindfulness.

We offer two classes; one for children aged 0 – 2 years and one for children aged 3 – 7 years.

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## Yogi Bears

A fun, interactive yoga class for toddlers and early years children to help improve co-ordination, balance and concentration. Each week we'll focus on a different theme, pairing storytelling with movement.

Suitable for children aged 2 – 5 years.

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## Freedance

Our Urban Dance class creates an atmospheric connection to the city environment with use of light and sound to uplift children's senses, rhythmic sounds to encourage free movement and empowerment. Our dance class is designed to build children's identity and confidence.

Suitable for babies and children aged 18 months to 7 years.

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## Dustbin Danger

This fun, educational class introduces different environmental dangers and our responsibility towards the environment. Children will learn about different materials and how to recycle them and protect the environment, through storytelling and interactive activities.

Suitable for children aged 2+ years.

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## Mindstorms Cauldron

Hubble, bubble, toil and trouble! Using a sprinkling of magic and a splash of science, we'll experiment with liquids, solids and materials to stimulate brain development and create our very own unique concoctions.

We offer two classes; one for children aged 8 months – 3 years.

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## Ballet Bebes

Lead by expert instructors, children will be introduced to the world of ballet through exploration and fun, teaching the power of performance, concentration and mindfulness through movement.

Suitable for children aged 2 – 7 years.

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## Language Laboratory

Immersive language class exploring key vocabulary for the children to develop their expressive language in french and spanish.

Suitable for children aged 2 – 5 years.

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## Boogie Bears

Motivating our senses through movement and freedom of expression as we explore different dance style and genre's of music.

Suitable for children aged 16 months – 3 years.