



pelvic strength
physiotherapy

CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA	75 Minute Class					Larissa Haramis*: 0466 522 150 Jo Robinson**: 0406 284 406
PRENATAL						10:30am**
WOMENS WELLNESS	7:15pm*					
STRESS REDUCTION	6:00pm*					
NEW MUMS & BUBS	Assessment required prior to starting classes			60 Minute Class	Emily Norman: 9724 9755	
MUMS & BUBS				10:00am, 11.30am		
BABES ON BOARD				1 Hour Class	Gill Wright: 0425 769 242	
ANTE-NATAL				7:00pm		
POST-NATAL				8:00pm		
PREVENTION				1 Hour Class	Natalie & Liana: 9724 9755	
STRONG HEARTS	1:00pm					
STRONG BONES	2:15pm					
STRONG BODIES	3:30pm					
CORE STABILITY PHYSIO GROUP CLASSES				1 Hour Class	Katherine Edmonds: 0403 510 374	
GENERAL	9.00am	5:45pm, 7:00pm	9.00am, 10.15am, 8:00pm		9.30am, 10.45am	
PREGNANCY		8.00pm	7.00pm			
POST-NATAL	10.15am, 11.30am		11.30am		12.00pm	