

Pregnancy Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pregnancy & Post-Natal Fit 8.30am Jacqui	Pregnancy Mat Pilates 7.45am Jenny				
	Mum's & Bubs Mat Pilates 11am Jenny	Pregnancy Reformer Pilates 3pm Bec			
	Pregnancy Hydrotherapy 6:45pm Jacqui	Pregnancy & Post-Natal Fit 4.45pm Jenny	Pregnancy Mat Pilates 6.15pm Jenny		

Location of Classes

All Hydrotherapy classes are run at Rehabilitation & Performance Health at 63 Belair Road, Kingswood.

All Pilates Mat classes are run out of Move's Pilates Mat Studio on Unley Road (Malvern).