



Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Core & Conditioning for Women Course	Mummy Core & Conditioning			Mummy Core & Conditioning
10:00am	Mummy Bootcamp Workshop	Mummy Core Restore And Baby Massage Introductory Course			Mummy Core & Conditioning
11:00am	Move Mummy Move	Mummy Core & Conditioning			Pregnancy Core & Stretch
12:00pm					
1:00pm		Mummy Core & Conditioning			
2:00pm					
5:30pm		Pregnancy Core & Stretch		Pregnancy Circuit (Low Impact)	
6:30pm		Pregnancy Core & Stretch		Pregnancy Core & Stretch	
7:30pm		Core & Conditioning for Women Course		Mummy Core & Conditioning	