

Me and My Baby Timetable

Pavilion Leisure Centre

Monday

Tuesday

Wednesday

Time	Class	Area	Instructor
13.30 - 14.15	Post Natal Pilates	2	Samantha
19.00 - 20.00	Pregnancy Yoga	2	Regine

Thursday

Time	Class	Area	Instructor
11.30 - 12.30	Post Natal Yoga	1	Jo

Friday

Saturday

Sunday

***All post natal classes are suitable from 6 weeks post birth if natural delivery or 12 weeks if delivery was by caesarean section.**