

PHYSIOTHERAPY CLASS TIMES

PRE NATAL PILATES

Tuesday & Friday

Morning only

PRE NATAL AQUA

Monday & Wednesday
Tuesday & Thursday

Evening only
Daytime & evening

POST NATAL EXERCISE CLASS

Tuesday & Thursday

Morning only

POST BREAST AQUA

Monday & Wednesday
Tuesday

Afternoon only
Daytime only

POST BREAST LAND BASED EXERCISE CLASS

Monday, Wednesday & Thursday

Morning only

REGULAR AQUA FITNESS CLASSES

Monday
Tuesday & Thursday
Wednesday
Friday

Daytime & evening
Afternoon & evening
Morning, daytime & evening
Morning & daytime

SYDNEY
ADVENTIST
HOSPITAL