



winter 2010 schedule

valid until April 30, 2010

west

belly bootcamp (prenatal)	sat.	9:45-10:45 a.m.	swansea town hall, 95 lavinia ave.
bellies & babes (postnatal)	tue.	11:00-12:00 p.m.	swansea town hall, 95 lavinia ave.
	fri.	11:00-12:00 p.m.	swansea town hall, 95 lavinia ave.
beyond bellies (women only)	sat.	9:45-10:45 a.m.	swansea town hall, 95 lavinia ave.

east

bellies & babes (postnatal)	tue.	10:30-11:30 a.m.	chang'e studio, 1114 queen st. east
	thur.	10:00-11:00 a.m.	chang'e studio, 1114 queen st. east