



spring/summer 2010 schedule

valid May 3 – September 30, 2010

west

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

central

bellies & strollers (postnatal)	mon.	11:00-12:00 p.m.	trinity bellwoods park (queen/gore vale)
	thur.	11:00-12:00 p.m.	trinity bellwoods park (queen/gore vale)

east

bellies & strollers (postnatal)	tue.	10:30-11:30 a.m.	woodbine park (queen/kingston)
	thur.	10:30-11:30 a.m.	woodbine park (queen/kingston)

north

bellies & strollers (postnatal)	wed.	10:30-11:30 a.m.	sherwood park (mt. pleasant/sherwood)
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