



## fall / winter 2011-2012 schedule

valid November 1, 2011 – April 30, 2012

### west – etobicoke/bloor west/high park

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.

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### central - liberty village/king west/trinity-niagara

belly bootcamp (prenatal)	sat.	9:00-10:00 a.m.	danceology, 171 east liberty st.
bellies & babes (postnatal)	mon.	11:00-12:00 p.m.	danceology, 171 east liberty st.
	wed.	11:00-12:00 p.m.	danceology, 171 east liberty st.
power pilates (postnatal)	fri.	2:30-3:30 p.m.	danceology, 171 east liberty st.
beyond bellies (women only)	sat.	9:00-10:00 a.m.	danceology, 171 east liberty st.

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### east – riverdale/leslieville/beach

bellies & babes (postnatal)	tue.	11:00-12:00 p.m.	gilchrist dance school, 1301 queen st. e.
	thur.	11:00-12:00 p.m.	
bellies & babes (postnatal)	wed.	10:30-11:30 a.m.	energyXchange, 698 queen st. e.
power pilates (postnatal)	fri.	10:30-11:30 a.m.	energyXchange, 698 queen st. e.

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