



# SanPhysiotherapy

## Class Times

Pre Natal Pilates	Tuesday	Morning only
Pre Natal Aqua	Monday and Thursday Thursday	Evening only Daytime Only
Post Natal Exercise Class	Tuesday and Thursday	Morning only
Post Breast Aqua	Wednesday Tuesday	Afternoon only Daytime only
Post Breast Land Based Exercise Class	Monday, Wednesday and Thursday	Morning only
Regular Aqua Fitness Classes	Monday Tuesday and Thursday Friday	Daytime and Evening Afternoon and Evening only Daytime only

You can also check website for class times

For more detailed information or advice about any of our services please contact us at **SanPhysiotherapy** on **9487 9350**.