



CLASS TIMETABLE

TERM 2, 2021

(19th April - 25th June)

ALL CLASSES ARE HELD AT PELVIC STRENGTH PHYSIOTHERAPY
293 Dorset Rd, Croydon VIC 3136

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
General group classes	9:30am (Katherine) 8pm (Karen)	5:30pm (Katherine) 8pm (Katherine)	9am (Katherine) 10:15am (Katherine) 8pm (Karen)	6:45pm (Kathryn) 8pm (Kathryn)	9:30am (Katherine) 10:45am (Katherine)	
Pregnancy group classes		6:45pm (Katherine)	6:45pm (Karen)			
Postnatal group classes	10:45am (Katherine)		11:30am (Katherine)		12pm (Katherine)	
NEXT STEPS Cancer Rehab classes						
	(No classes scheduled at this time. Expressions of interest are welcome.)					