



CLASS TIMETABLE

TERM 1, 2022

(31st January – 8th April)

ALL CLASSES ARE HELD AT PELVIC STRENGTH PHYSIOTHERAPY

293 Dorset Road, Croydon VIC 3136

Monday	Tuesday	Wednesday	Thursday	Friday
9:30am General 10:45am Postnatal (Katherine)		9:15am General 10:30am General (Katherine)		9:30am General 10:45am General 12pm Postnatal (Katherine)
6:45pm General 8pm General (Alex)	6:45pm Pregnancy 8pm General (Christine)	6:45pm Pregnancy 8pm General (Katie)	8pm Zoom class for General/Postnatal (Katherine)	

All classes run for 1 hour and are limited to 6 participants in each class.

Bookings are essential.

Last updated 7/3/22