



belly bootcamp

FITNESS FOR MODERN MAMAS

#HereForTheMoms
#BBONLINE

MONDAY

9:30-10:15AM
Pre/Postnatal
with Amy

1-1:45PM
Pre/Postnatal
with Brittany

TUESDAY

9:30-10:15AM
Pre/Postnatal
with Marta

8-8:45PM
Pre/Postnatal
with Jessica

WEDNESDAY

11-11:45AM
Pre/Postnatal
with Jessica

1-1:45PM
Pre/Postnatal
with Brittany

THURSDAY

11-11:45AM
Pre/Postnatal
with Marta

8-8:45PM
Pre/Postnatal
with Amy

FRIDAY

11-11:45AM
Pre/Postnatal
with Amy

SATURDAY

9-9:45AM
Pre/Postnatal
with Pieta

Unlimited #BBONLINE pregnancy + postpartum classes: bellybootcamp.ca