



MUM&MIA

POSTNATAL EXERCISE CLASS – Bring Your Baby

Fridays – 10.00am – 11.00am

Fun Effective Cardio Workout, Specialised Postnatal Toning,
Relaxation, Optional Weigh In
PLUS Sensory Toys & Lighting for babies

St Paul's Church Hall
Hamble Road
Oadby, LE2 4NX
BOOKING REQUIRED

BOOK YOUR FREE TRIAL CLASS NOW www.mumandmia.uk