

MUM CIRCLE STRENGTH

Pregnancy movement

Mondays 1-2pm

@ Barton Hill Family Room
Wellspring Settlement, BS5 0AX

Gentle movement class,
safe for pregnant women.
Mums only please.

Postnatal recovery

Wednesdays 9.30-11am

@The Salvation Army
Hassell Drive, BS2 0AN

Safe exercise and support,
from 2 months after childbirth.
Babies/children welcome.

Happy
Healthy
Strong

Faraxsane
Caafimaad gab
iyo adkaaysi

سعيد
صحي
قوي

خوش
صحت مند
مضبوط



Starts Monday 8th September 2025. Term time only.

Drop in, no booking. £3 per session, pay if you can (cash/card).
Contact Caafi Health 01 17 235 0410, nesrien@caafihealth.com

