

# PhysioPilates TERM 1

Time	Monday 10 weeks Sept 9 - Nov 18 *no class Oct 14th	Tuesday 11 weeks Sept 3 - Nov 12	Wednesday 11 weeks Sept 4 - Nov 13	Thursday 11 weeks Sept 5 - Nov 14	Friday 11 weeks Sept 6-Nov 15
<b>9:45am</b>	Core Restore 1 (V) Baby Friendly	Level 3 (JS)	Level 2 (J)	Level 2 (JS)	Level 1 (V)
<b>11:00am</b>	Core Restore 2 (V) Baby Friendly	Level 2 (M)	Level 1 (J)	Level 1 (JS)	Level 2 (F)
<b>12:15pm</b>	Springboards (J)	Level 3 (M)	Level 3 (JS)	Springboards (M) 10 wks	Level 2 (F)
<b>2:15pm</b>			Springboards (F) 10 wks		
<b>5:00 pm</b>	SpringBoards (V)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
<b>6:15 pm</b>	Springboards (U)	Level 2 (F)	Level 1 (V)	Prenatal (J)	
<b>7:30 pm</b>		Level 3 (J)	Level 2 (V)		
<b>LOFT STUDIO</b>		<b>6:15pm</b> Pelvic Pain(J) Sept 17-Nov 5		<b>5:00PM</b> Pelvic Core (J)	

(M) Martha (F) Francesca (JS) Jenna (J) Jalisa (V) Victoria (U) Ulla

**All classes billed as Group Physiotherapy and may be covered by your extended health care benefits**  
**Mat classes:** \$260-286 (10-11 week sessions) **\*\*In Studio and Livestreamed on Zoom\*\***  
**Springboard classes:** \$300 (10 week session) **SPECIAL:** \$260 if 2<sup>nd</sup> class per week  
**Pelvic Core Class:** \$330 **SPECIAL:** \$286 if second class per week (no zoom option)  
**Pelvic Pain Workshop:** \$280 (8 weeks). Includes pre-recorded material + live weekly class (no zoom option)  
**Class makeups:** via zoom and must be complete by end of term, max of 3 per person