

Term 2 No classes Dec 24-Jan 3	Monday *11 weeks* Nov 23 – Feb 8	Tuesday *11 weeks* Nov 24 – Feb 9	Wednesday *11 weeks* Nov 25-Feb 10	Thursday *11 weeks* Nov 26 – Feb 18	Friday *11 weeks* Nov 27 - Feb 19
8:45am		Strength (JS)			
9:45am	Strength (V)	Level 2 (JS)	Level 2 (J)	Level 3 (JS)	Level 2 (F)
11:00am	Pelvic Core (J) 10wks:no class Jan 11	Level 2 (M)	Level 1 (J)	Level 1 (JS)	Level 2 (F)
12:15pm	Strength (J)	Level 3 (M)	Strength (J)	Strength (M)	Core Restore 2 (V)
1:30pm					Core Restore 1 (V)
2:15pm			Strength (F)		
5:00 pm	Strength (U) *5:15pm start*	Level 2 (F)	Level 3 (M)	Level 3 (F)	
6:15 pm	Level 1 (A)	Level 2 (A)	Level 2 (V)	Prenatal (J)	
7:30 pm	Gender Affirming Movement (A) Nov 23 – Jan 18	Level 3 (J)	Level 3 (V)	Strength (A)	

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

- Zoom access is **UNLIMITED** for everyone - all classes streamed except Strength, GAM + Pelvic Core
- Pre-Class Physiotherapy Assessment is required for new students
- Classes are 50 min long *Exception: Strength is 45 min*
- Refer to website for full studio policies
- All classes billed as Group Physiotherapy **EXCEPT** Strength, Monday at 5:15pm

Mat Classes	\$330: 11 wks	Level 1, 2, 3 + Prenatal
Core Restore	\$330: 11 wks	Baby Friendly
Pelvic Core	\$350: 10 wks (no class Jan 11)	Includes on demand class bundle
Strength with Springboards	\$330: 11 wks	Experience necessary
Gender Affirming Movement (GAM)	By Donation to Transformation Closet	2S/LGBTQ+ community only