

## PhysioPilates TERM 3

<b>Time</b>	<b>Monday</b> Feb 26 - May 6 (no class April 1) 10 weeks	<b>Tuesday</b> Feb 27- May 7 11 weeks	<b>Wednesday</b> Feb 28-May 8 11 weeks	<b>Thursday</b> Feb 29-May 9 11 weeks	<b>Friday</b> Mar 1-May 17 no class Mar 29 11 weeks
<b>9:45am</b>	Core Restore 1 (V) Baby Friendly		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>1:15pm</b>			SpringBoards (JS) 10 wks		
<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>		Level 2 (F)	Level 1 (V)	Prenatal Core (F) (10 wks) + *Pelvic Pain (J) Jan 4 to Feb 8	
<b>7:30 pm</b>		Level 3 (J)	Level 2 (V)	MindBody Movement (J)	

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

**All classes billed as Group Physiotherapy and may be covered by your extended health care benefits**

**Mat classes:** 50 min long / \$25 per class (10-11 week sessions) \*\*In Studio and Livestreamed on Zoom\*\*

**Springboard classes:** 45 min long / \$30 per class (10 week session). **SPECIAL:** \$25 per class if 2<sup>nd</sup> class per week

**Class makeups:** via zoom and must be complete by end of term / limit of 3 per person

**Pelvic Pain Workshop:** 6 weeks / \$180. Includes pre-recorded material + live weekly class (no zoom option)