

PhysioPilates TERM 2

Time	Monday 10 weeks Nov 25 – Feb 3 *no class Dec 30	Tuesday 11 weeks Nov 19 – Feb 11 *no class Dec 24 or Dec 31	Wednesday 11 weeks Nov 20-Feb 12 *no class Dec 25 or Jan 1	Thursday 11 weeks Nov 21 – Feb 6 *no class Dec 26	Friday 11 weeks Nov 22-Feb 7 *no class Dec 27
9:45am	Core Restore 1 (V) Baby Friendly	Level 3 (JS)	Level 2 (J)	Level 2 (JS)	Core Restore 1 (V) 10 wks Baby Friendly
11:00am	Core Restore 2 (V) Baby Friendly	Level 2 (M)	Level 1 (J)	Level 1 (JS)	Level 2 (F)
12:15pm	Springboards (J)	Level 3 (M)		Springboards (M) 10 wks	Level 2 (F)
2:15pm			Springboards (F) 10 wks		
5:00 pm	Springboards (V)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
6:15 pm	Springboards (U)	Level 2 (F)	Level 1 (V)	Prenatal (J)	
7:30 pm		Level 3 (J)	Level 2 (V)		
LOFT STUDIO		6:15pm Pelvic Pain (J) TBD		5:00PM Pelvic Core (J) 10 weeks	

(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: \$300 - \$330 (10-11 week sessions) *Includes UNLIMITED Zoom*
Springboard classes: \$350 (10 week session) **SPECIAL:** \$300 if 2nd class/ week. *Includes UNLIMITED Zoom*
Pelvic Core Class: \$350 (10 week). Includes pre-recorded material + live weekly class (no zoom option)
Pelvic Pain Workshop: TBD. Includes pre-recorded material + live weekly class (no zoom option)
Class makeups: unlimited via Zoom and must be complete by end of term / no credit for insurance purposes