



SUMMER PHYSIOPILATES

Time	Monday June 13 – Aug 29	Tuesday June 14 -Aug 23	Wednesday June 15-Aug 24	Thursday June 16-Aug 25	Friday June 17-Sept 2
9:45am		Level 2 (B)		Level 1-2 (JS)	
11:00am	Level 1 (J)	Level 2 (M)		Level 2 (JS)	Level 2 (F)
12:15pm	Level 1 (B)	Level 3 (M)		Level 3 (B)	Level 2 (F)
5:00 pm	Level 1-2 (JS)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
6:15 pm	Level 2 (JS) + **PostNatal Sport (B)			Prenatal Core (F) **PostNatal Sport (J)	
7:30 pm	PostNatal Core (B)		Level 1 (V)	Level 2 (B)	

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

no classes July 1, July 25-July 29 , Aug 1

Investment: \$240.00 for 10 classes (billed as Group Physiotherapy). Due upon registration.

Prerequisite: PhysioPilates Assessment for new clients (billed separately as a Physio Assessment).

Classes are 50 minutes in length and will be taught in studio + virtual zoom. Two virtual makeup classes per person (no in person makeup classes). In the event of public health studio closure, classes will continue virtually (no refunds will be issued).

**Starred classes are limited to 6 people and are held in the LOFT studio. These classes do not have a virtual option, but participants can attend other virtual classes as makeups.