

PhysioPilates TERM 3

Time	Monday 10 weeks Feb 24 – May 5 *no class Apr 21	Tuesday 11 weeks Feb 25 – May 6	Wednesday 11 weeks Feb 26 – May 7	Thursday 11 weeks Feb 27-May 8	Friday 11 weeks Feb 28 -May 16 *no class Apr18
9:45am	Core Restore 1 (V) Baby Friendly	Level 3 (JS)	Level 2 (J)	Level 2 (JS)	
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)	Level 1 (A)	
LOFT STUDIO		6:15pm Pelvic Pain (J) Mar 4 - Apr 22		5:00PM Pelvic Core (J) 10 weeks	

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

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: \$280 (8 week). 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