

## TERM 2 PHYSIOPILATES

<b>Time</b>	<b>Monday</b> Nov 28 – Feb 13	<b>Tuesday</b> Nov 29 – Feb 14	<b>Wednesday</b> Nov 30 – Feb 15	<b>Thursday</b> Dec 1 – Feb 16	<b>Friday</b> Dec 2 – Feb 17
<b>9:45am</b>	Postnatal Core (V)	Level 2 (B)		Level 1-2 (JS)	Level 1 (V)
<b>11:00am</b>	Level 1 (J)	Level 2 (M)		Level 2 (JS)	Level 2 (F)
<b>12:15pm</b>	Level 1 (B)	Level 3 (M)		Level 3 (B)	Level 2 (F)
<b>5:00 pm</b>	Level 1-2 (JS)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
<b>6:15 pm</b>	Level 2 (JS) *Ready for Impact (B)	Level 2 (F)	Level 2 (V)	Prenatal Core (F) *PelvicPain (J) Jan 5 to Feb 9	
<b>7:30 pm</b>	PostNatal Core (B)	Level 3 (J)	Level 1 (V)	Level 2 (B)	

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

\*\*\*No classes Dec 26 to Dec 30\*\*\*

**Investment:** \$264.00 for 11 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. Three virtual makeup classes per person (no in person makeups) allowed, to be completed by end of Term 2.

\*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.

\*\*Pelvic Pain is a 6 week movement and education workshop, running Jan 5 – Feb 9. Fee \$180.00