

PhysioPilates TERM 3

Time	Monday Feb 26 - May 6 (no class April 1) 10 weeks	Tuesday Feb 27- May 7 11 weeks	Wednesday Feb 28-May 8 11 weeks	Thursday Feb 29-May 9 11 weeks	Friday Mar 1-May 17 no class Mar 29 11 weeks
9:45am	Core Restore 1 (V) Baby Friendly		Level 2 (J)	Level 2 (JS)	Level 1 (V)
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)	Level 3 (JS)	Springboards (M) 10 wks	Level 2 (F)
1:15pm			SpringBoards (JS) 10 wks		
2:15pm			Springboards (F) 10 wks		
5:00 pm	SpringBoards (V)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
6:15 pm		Level 2 (F)	Level 1 (V)	Prenatal Core (F) (10 wks) + *Pelvic Pain (J) March 7 to April 11	
7:30 pm		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 2nd 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)