

TERM 1 PhysioPilates

Time	Monday Sept 11-Nov 20	Tuesday Sept 5 -Nov 14	Wednesday Sept 6-Nov 15	Thursday Sept 7- Nov16	Friday Sept 8-Nov 17
9:45am	Core Restore 1 (V)		Level 2 (J)	Level 2 (JS)	Level 1 (V)
11:00am	Core Restore 2 (V)	Level 2 (M)		Level 1 (JS)	Level 2 (F)
12:15pm	Level 1 (J)	Level 3(M)	Level 3 (JS)		Level 2 (F)
5:00 pm		Level 2 (F)	Level 3 (M)	Level 3 (F)	
6:15 pm	Level 2 (J)	Level 2 (F)	Level 1 (V)	Prenatal Core (F) *Pelvic Pain (J) (Sept 14 – Oct 19)	
7:30 pm		Level 3 (J)	Level 2 (V)	Mindful Movement (J)	

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

Investment: \$275.00 for 11 classes (billed as Group Physiotherapy). Due upon registration.

Prerequisite: FREE Physiotherapy Assessment

Info: Classes are 50 minutes in length and will be taught in studio + virtual zoom. Three virtual zoom makeup classes per person (no in person makeups) allowed, to be completed by end of Term 1.

*Pelvic Pain is a 6 week in person movement and education workshop – investment \$180.00. It is held in the loft studio, limited to 6 people, and does not have a live stream option. Includes pre-recorded material to support participants to practice at home as well as in the live class.