

PhysioPilates TERM 4

Time	Monday May 13 – July 29 (off May20, July 1)	Tuesday May 21-July 23	Wednesday May 22 – July 24	Thursday May 23-July 25	Friday May24-July26
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)	Springboard (M)	Level 2 (F)
1:15pm			SpringBoards (JS)		
2:15pm			Springboards (F)		
5:00 pm	SpringBoards (V)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
6:15 pm		Level 2 (F) *Pelvic Pain(J) July 9-Aug 20	Level 1 (V)	Prenatal Core (J)	
7:30 pm		Level 3 (J)	Level 2 (V)		

(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: \$260 (10 week sessions) ****In Studio and Livestreamed on Zoom****

Springboard classes: \$300 (10 week session) **SPECIAL:** \$260 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: \$210 (6 weeks). Includes pre-recorded material + live weekly class (no zoom option)