

PhysioPilates TERM 2

Time	Monday Nov 27 - Feb 12 (10 wks)	Tuesday Nov 28-Feb 13 (11 wks)	Wednesday Nov 29-Feb14 (11 wks)	Thursday Nov 30-Feb 15 (11 wks)	Friday Dec 1-Feb 16 (11 wks)
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 (J)	Level 2 (F)	Level 1 (V)	Prenatal Core (F) 10 wks ----- *Pelvic Pain (J) Nov 2 to Dec 7	
7:30 pm		Level 3 (J)	Level 2 (V)	MindBody Movement (J)	

(M) Martha (F) Francesca (JS) Jenna (J) Jalisa (V) Victoria
NO CLASSES DEC 25 to Jan 1st

All classes billed as Group Physiotherapy and may be covered by your extended health care benefits

Mat classes: 50 min class / \$250 - \$275 per 10-11 week term. **In Studio and Livestreamed on Zoom**

Springboard classes: 45 min class / \$300 per 10 week term. **SPECIAL: \$250 per term if 2nd class per week**

Class makeups: Done via zoom and must be complete by end of term. Limit of 3 per person.

Pelvic Pain Workshop: 50 min class / \$180 per 6 week term. Includes pre-recorded material + live weekly class.