

PhysioPilates TERM 1

Time	Monday 10 weeks Sept 9 - Nov 18	Tuesday 11 weeks Sept 3 - Nov 12	Wednesday 11 weeks Sept 4 - Nov 13	Thursday 11 weeks Sept 5 - Nov 14	Friday 11 weeks Sept 6-Nov 15
9:45am	Core Restore 1 (V) Baby Friendly	Level 3 (JS)	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)
2:15pm			Springboards (F) 10 wks		
4:00pm				Springboards (JS) 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 (J)	
7:30 pm		Level 3 (J)	Level 2 (V)		
LOFT STUDIO		6:15pm Pelvic Pain(J) Sept 17-Nov 5		5:00PM Pelvic Core (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: \$260-286 (10-11 week sessions) ****In Studio and Livestreamed on Zoom****

Springboard classes: \$300 (10 week session) **SPECIAL:** \$260 if 2nd class per week

Pelvic Core Class: \$330 **SPECIAL:** \$286 if second class per week (no zoom option)

Pelvic Pain Workshop: \$280 (8 weeks). Includes pre-recorded material + live weekly class (no zoom option)

Class makeups: via zoom and must be complete by end of term, max of 3 per person