

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

Springboard classes: \$300 ((10 week session) **SPECIAL:** only \$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)