

SPRING 2022 PHYSIOPILATES

Time	Monday Mar 14 – June 6	Tuesday Mar 15 – May 31	Wednesday Mar 16 – June 1	Thursday Mar 17 – June 2	Friday Mar 18 – June 10
9:45am		Level 2 (B)		Level 1-2 (JS)	
11:00am	Level 1 (J)	Level 2 (M)	Level 2 (J)	Level 2 (JS)	Level 2 (F)
12:15pm	Level 1 (B)	Level 3 (M)		Level 3 (B)	Level 2 (F)
5:00 pm	Level 1-2 (JS)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
6:15 pm	Level 2 (JS) + **PostNatal Sport (B)	Level 2 (F)	Level 3 (M)	Prenatal Core (F)	
7:30 pm		Level 3 (JS)	Level 1 (V)	Level 2 (B) + **Level 3 (J)	

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

No classes Good Friday, April 15 or Victoria Day, May 23. Classes will run on Easter Monday

Investment: \$288.00 for 12 classes (billed as Group Physiotherapy). Due upon registration.

Prerequisite: PhysioPilates Assessment for new clients (billed separately as a Physio Assessment).

Classes are 50 minutes in length and will be taught in studio + virtual zoom. Two virtual makeup classes per person (no in person makeup classes). In the event of public health studio closure, classes will continue virtually (no refunds will be issued).

No refunds within 10 days of (before) session start date.

**Starred classes are limited to 5 people and are held in the LOFT studio. These classes do not have a virtual option, but participants can attend other virtual classes as makeups.