



TERM 1 PHYSIOPILATES

Time	Monday Sept 12 – Nov 21	Tuesday Sept 6 – Nov 15	Wednesday Sept 7 – Nov 16	Thursday Sept 8 – Nov 17	Friday Sept 9 – Nov 25 *no class Nov11
9:45am	Postnatal Core (V)	Level 2 (B)		Level 1-2 (JS)	Level 1 (V)
11:00am	Level 1 (J)	Level 2 (M)		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)		Prenatal Core (F) **Pelvic Pain Oct 6-Nov 10 (J)	
7:30 pm	PostNatal Core (B)	Level 3 (J)	Level 1 (V) **7:15 START**	Level 2 (B) + *PostNatal Sport (J)	

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

Investment: \$264.00 for 11 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).

*Starred classes are limited to 6 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.

**Pelvic Pain is a 6 week movement and education workshop, running Oct 6 to Nov 10th. Fee \$180.00