

## TERM 1 PHYSIOPILATES

<b>Time</b>	<b>Monday</b> Sept 12 – Nov 21	<b>Tuesday</b> Sept 6 – Nov 15	<b>Wednesday</b> Sept 7 – Nov 16	<b>Thursday</b> Sept 8 – Nov 17	<b>Friday</b> Sept 9 – Nov 25 *no class Nov11
<b>9:45am</b>	Postnatal Core (V)	Level 2 (B)		Level 1-2 (JS)	Level 1 (V)
<b>11:00am</b>	Level 1 (J)	Level 2 (M)	Level 2 (J)	Level 2 (JS)	Level 2 (F)
<b>12:15pm</b>	Level 1 (B)	Level 3 (M)		Level 3 (B)	Level 2 (F)
<b>5:00 pm</b>	Level 1-2 (JS)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
<b>6:15 pm</b>	Level 2 (JS) + *PostNatal Sport (B)	Level 2 (F)	Level 2-3 (V)	Prenatal Core (F) **Pelvic Pain Oct 6-Nov 10 (J)	
<b>7:30 pm</b>	PostNatal Core (B)	Level 3 (J)	Level 1 (V)	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 10<sup>th</sup>. Fee \$180.00

