

PhysioPilates TERM 4

Time	Monday 10 weeks May 26-July 28	Tuesday 11 weeks May 13-July 29 *no class July 1	Wednesday 11 weeks May 21-July 30	Thursday 11 weeks May 22-July31	Friday 11 weeks May 23-Aug 1
9:45am	Core Restore 1 (V)Baby Friendly	Level 3 (JS)	Level 2 (J)	Level 2 (JS)	
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)		Springboards (M) (10 weeks)	Level 2 (F)
2:15pm			Springboards (F) (10 weeks)		
5:00 pm	Springboards (V)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
6:15 pm	Springboards(U)	Level 2 (F)	Level 2 (V)	Prenatal (J)	
7:30 pm		Level 3 (J)	Level 3 (V)	Level 1 (A)	
LOFT STUDIO	Pelvic Core (J) 9:45am	Pelvic Pain (J) May 6 - June 24 6:15pm		Pelvic Core 5:00pm (J) 6:15pm (A) (10 weeks)	

(M) Martha (F) Francesca (JS) Jenna (J) Jalisa (V) Victoria (U) Ulla (A) Amy

All classes billed as Group Physiotherapy and may be covered by your extended health care benefits

Mat class \$330 (11 wks). Core Restore class \$300 (10 wks) *Includes UNLIMITED Zoom*

Springboard classes: \$350 (10 week session)

SPECIAL: \$50 off if 2nd class/ week. *Includes UNLIMITED Zoom*

Pelvic Core Class: \$350 (10 week). Includes pre-recorded material + live weekly class (no zoom option)

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

Class makeups: unlimited via Zoom and must be complete by end of term / no credit for insurance purposes