

WINTER PHYSIOPILATES

all classes in studio + virtual

Time	Monday Feb 22 – April 26	Tuesday Feb 16– April 20	Wednesday Feb 17 – April 21	Thursday Feb 18 – April 22	Friday Feb 19 –April 30 (no class Apr 2)
9:45am		Level 2 (B)	Level 2 (B)	Level 1 (JS)	
11:00am		Level 2 (M)	Level 3 (B)	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 (JS)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
6:15 pm	Level 2 (JS)	Level 2 (F)	Level 3 (M)	Prenatal Core (F)	
7:30 pm		Level 3 (JS)		Level 1 (B)	

* NO CLASSES April 2 (Good Friday)

(M) Martha (F) Francesca (JS) Jenna (B) Bree

Investment: \$230.00 for 10 classes (billed as Group Physiotherapy). Due upon registration.

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

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