

## FALL PHYSIOPILATES

### all classes in studio + virtual

<b>Time</b>	<b>Monday</b> Sept 14 – Nov 16	<b>Tuesday</b> Sept 8 – Nov 10	<b>Wednesday</b> Sept 9 – Nov 18 (no class Nov 11)	<b>Thursday</b> Sept 10 – Nov 12	<b>Friday</b> Sept 11- Nov 13
<b>9:45am</b>		Level 2 (J)	Level 2 (J)	Level 1 (JS)	
<b>11:00am</b>		Level 2 (M)	Level 3 (J)	Level 2 (JS)	Level 1 (F)
<b>12:15pm</b>	Level 1 (B)	Level 3 (M)	Level 3 (JS)	Level 3 (J)	Level 2 (F)
<b>2:00 pm</b>		Level 1 (J)	Level 1-2 (F)		
<b>3:00 pm</b>		CoreMom (J) virtual only			
<b>5:00 pm</b>	Level 1 (JS)	Level 2 (F)	Level 3 (M)	Level 3 (F)	
<b>6:15 pm</b>	Level 2 (JS)	Level 2 (F)	Level 3 (M)	Prenatal Core (F)	
<b>7:30 pm</b>	Level 2 (B)	Level 3 (JS)	Level 2 (T)	Level 1 (B)	

(M) Martha    (F) Francesca    (J) Jessica    (JS) Jenna    (T) Tara    (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.