



## FALL PHYSIOPILATES

all classes in studio + virtual

Time	Monday Sept 14 – Nov 16	Tuesday Sept 8 – Nov 10	Wednesday Sept 9 – Nov 18 (no class Nov 11)	Thursday Sept 10 – Nov 12	Friday 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.