



## TUESDAYS

9:30 am LEVEL 2  
10:45 am STRONG BONES  
6:00 pm LEVEL 2

## THURSDAYS

9:30 am LEVEL 2/3  
6:30 pm LEVEL 3

## FRIDAYS

9:30 am LEVEL 1  
10:45 am BASICS

# PHYSIO PILATES

## WINTER SESSION 2020

FEB 11 – APR 17

10-WEEK SESSIONS

1 class/week \$190

2 classes/week \$330



Pre-registration required. Classes fill up quickly! Sign up soon!