



Mornington Peninsula Family Physiotherapy Classes 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am						
8:00am						
8:30am		PUMP ~ for men [561]		Group Physio [560]		Group Physio [560]
9:00am	<i>Pilates</i>	Group Physio [560]	Group Physio [560]	Group Physio [560]		Group Physio [560]
9:30am					Group Physio [560]	
10am	<i>Pilates</i>	Group Physio [560]	Group Physio [560]	Group Physio [560]	Group Physio [560]	
10:30am		Group Physio [560]	Group Physio [560]	Group Physio [560]		
11am	<i>Pilates</i>	Group Physio [560]	Group Physio [560]		Group Physio [560]	
11:30am		Group Physio [560]	Group Physio [560]			
12pm						
12:30pm					PUMP ~ for men [561]	
1:00pm						
1:30pm						
4pm		Group Physio [560]				
4:30pm						
5pm	Group Physio [560]	Group Physio [560]		Group Physio [560]		
5:30pm						
6pm	Group Physio [560]	Group Physio [560]		Group Physio [560]		
6:30pm						
7pm	Group Physio [560]			Group Physio [560]		
7:30pm						

Terms & Conditions - MPFP Classes

effective: 1 February 2023

Location:	130 Tanti Avenue, Mornington
Pre-Attendance:	1:1 Physio assessment is required prior to joining a class
Review:	Post 10 sessions, a 30min Physio re-assessment is required
Age Limit:	16 years plus, toddlers not permitted in the studio (babies permitted - please discuss with Reception)
Pregnancy:	Safe to participate during pregnancy and 6 weeks post-natal (or as cleared by your doctor/physio)
Clothing:	Grip socks recommended
Class Size:	Classes need a minimum of 2 clients to proceed Classes have a maximum of 5 clients (Men's Pump - max of 9 clients) Classes will be cancelled up to 2 hours before start time if less than 2 people confirmed
Class Time:	Group classes run for 55 mins
Instructors:	MPFP may change instructors from time to time to cover your class
Passes Available:	10 Class - \$385 (Physio-led) or \$350 (Pilates) - 1 Class per week 5 Class - \$200 (Physio-led) or \$190 (Pilates) - 1 Class per week 10 Class - Men's Pump - \$260 - Max:9 clients
Passes Valid:	Passes are valid for 6 months and are not transferable
Cancellation Policy:	Confirmation required by SMS - Y or N Cancellation received with 24 hours+ prior to class time - No Charge No Confirmation - we will charge for the class Confirmed but Not Attended - we will charge for the class