

Mornington Peninsula Family Physiotherapy Classes 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am						Group Physio [560]
8:30am		PUMP ~ for men [561]		Group Physio [560]		Group Physio [560]
9am		Group Physio [560]	Group Physio [560]	Group Physio [560]		Group Physio [560]
9:30am						
10am	Group Physio [560]	Group Physio [560]	Group Physio [560]	Group Physio [560]	Group Physio [560]	Babes & Bellies [561]
10:30am		Group Physio [560]	Group Physio [560]	Baby Boot Camp [561]		
11am		Group Physio [560]	Group Physio [560]		Group Physio [560]	
11:30am		Group Physio [560]	Balance & Stability [561]			
12pm						
12:30pm					PUMP ~ for men [561]	
4pm		Group Physio [560]				
4:30pm						
5pm	Group Physio [560]	Group Physio [560]		Group Physio [560]		
5:30pm			Group Physio [560]			
6pm	Group Physio [560]	Strength & Flexibility [561]		Group Physio [560]		
6:30pm				Group Physio [560]		
7pm	Group Physio [560]			Group Physio [560]		

130 Tanti Avenue Mornington

Tel: 5976 4944

T&Cs (PTO) : www.mpfp.net.au

Timetable updated: 1 October 2023

Terms & Conditions - MPFP Classes

updated: 1 October 2023

Location:	130 Tanti Avenue, Mornington
Pre-Attendance:	1:1 Physio assessment is required <i>prior</i> to joining a class
Review:	Post 10 sessions, a 30min Physio re-assessment is required
Age Limit:	16 years plus - NB: 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 will be cancelled up to 2 hours before start time if less than 2 people confirm
Class Time:	Group classes run for 55 mins
Instructors:	MPFP may change instructors from time to time to cover your class
Passes Available:	10 Classes - \$385 - Clinical Exercise (Physio-led - 560) - Max: 5 5 Classes - \$200 - Clinical Exercise (Physio-led - 560) - Max: 5 10 Classes - \$260 - Men's Pump (Physio-led - 561) - Max: 9 10 Classes - \$260 - Strength & Flex / Balance & Stability - (Physio-led - 561) - Max 6 10 Classes - \$170 - Babes 'n Bellies / Baby Boot Camp (Physio-led - 561) - Max 6
Passes Valid:	Passes are valid for 6 months and are not refundable or transferable Confirmation required by SMS - Y or N
Cancellation Policy:	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