



MPFP Group Physio Class Timetable

M O N D A Y

WITH ISSY

10AM GROUP PHYSIO
11:00AM PUMP FOR MEN (NEW!)
5PM GROUP PHYSIO

T U E S D A Y

WITH KATHRYN

9:00AM GROUP PHYSIO
10:00AM GROUP PHYSIO
11AM MUMS N BUBS (NEW!)
4PM GROUP PHYSIO

W E D N E S D A Y

WITH KATHRYN

9:30AM GROUP PHYSIO
10:30AM GROUP PHYSIO
11:30AM BALANCE & STABILITY
5:30PM GROUP PHYSIO

T H U R S D A Y

WITH KATHRYN

8:30AM GROUP PHYSIO
9:30AM GROUP PHYSIO

WITH ISSY

10:30AM MUMS N BUBS
5PM GROUP PHYSIO
6PM GROUP PHYSIO
7PM GROUP PHYSIO

F R I D A Y

WITH KATHRYN

10AM GROUP PHYSIO
11AM GROUP PHYSIO
12PM PUMP FOR MEN

S A T U R D A Y

WITH KATHRYN

8AM GROUP PHYSIO
9AM GROUP PHYSIO
10AM BABES 'N BELLIES -
*MUMS TO BE AND
NEW MUMS
ALL WELCOME!*