



Mornington Peninsula
FAMILY PHYSIOTHERAPY

*Move well.
Live well.*
♡

Group Physio Class Timetable

STRONGER BODIES • HEALTHIER LIVES • ALL WELCOME

MONDAY

8:30 am – 9:15 am
ONERO®
Matthew Ott

9:15 am – 10:00 am
ONERO®
Matthew Ott

10:00 am – 11:00 am
Physio-led Pilates
Isabella Foster

11:00 am – 11:45 am
ONERO®
Isabella Foster

5:00 pm – 6:00 pm
Physio-led Pilates
Isabella Foster

TUESDAY

9:00 am – 10:00 am
Physio-led Pilates
Kathryn Duke

10:00 am – 10:45 am
ONERO®
Kathryn Duke

10:45 am – 11:30 am
ONERO®
Kathryn Duke

4:00 pm – 5:00 pm
Physio-led Pilates
Kathryn Duke

WEDNESDAY

9:30 am – 10:30 am
Physio-led Pilates
Kathryn Duke

10:30 am – 11:30 am
Physio-led Pilates
Kathryn Duke

11:30 am – 12:15 pm
ONERO®
Kathryn Duke

5:30 pm – 6:30 pm
Physio-led Pilates
Kathryn Duke

THURSDAY

8:30 am – 9:30 am
Physio-led Pilates
Kathryn Duke

9:30 am – 10:30 am
Physio-led Pilates
Kathryn Duke

10:30 am – 11:15 am
ONERO®
Matthew Ott

5:00 pm – 6:00 pm
Physio-led Pilates
Isabella Foster

6:00 pm – 7:00 pm
Physio-led Pilates
Isabella Foster

FRIDAY

8:30 am – 9:15 am
ONERO®
Matthew Ott

9:15 am – 10:00 am
ONERO®
Matthew Ott

10:00 am – 11:00 am
Physio-led Pilates
Kathryn Duke

11:00 am – 12:00 pm
Physio-led Pilates
Kathryn Duke

SATURDAY

8:00 am – 9:00 am
Physio-led Pilates
Kathryn Duke

9:00 am – 10:00 am
Physio-led Pilates
Kathryn Duke

*Evidence-based
exercise classes*
♡



03 5976 4944

Book online or get in touch today



info@mpfp.net.au



www.mpfp.net.au