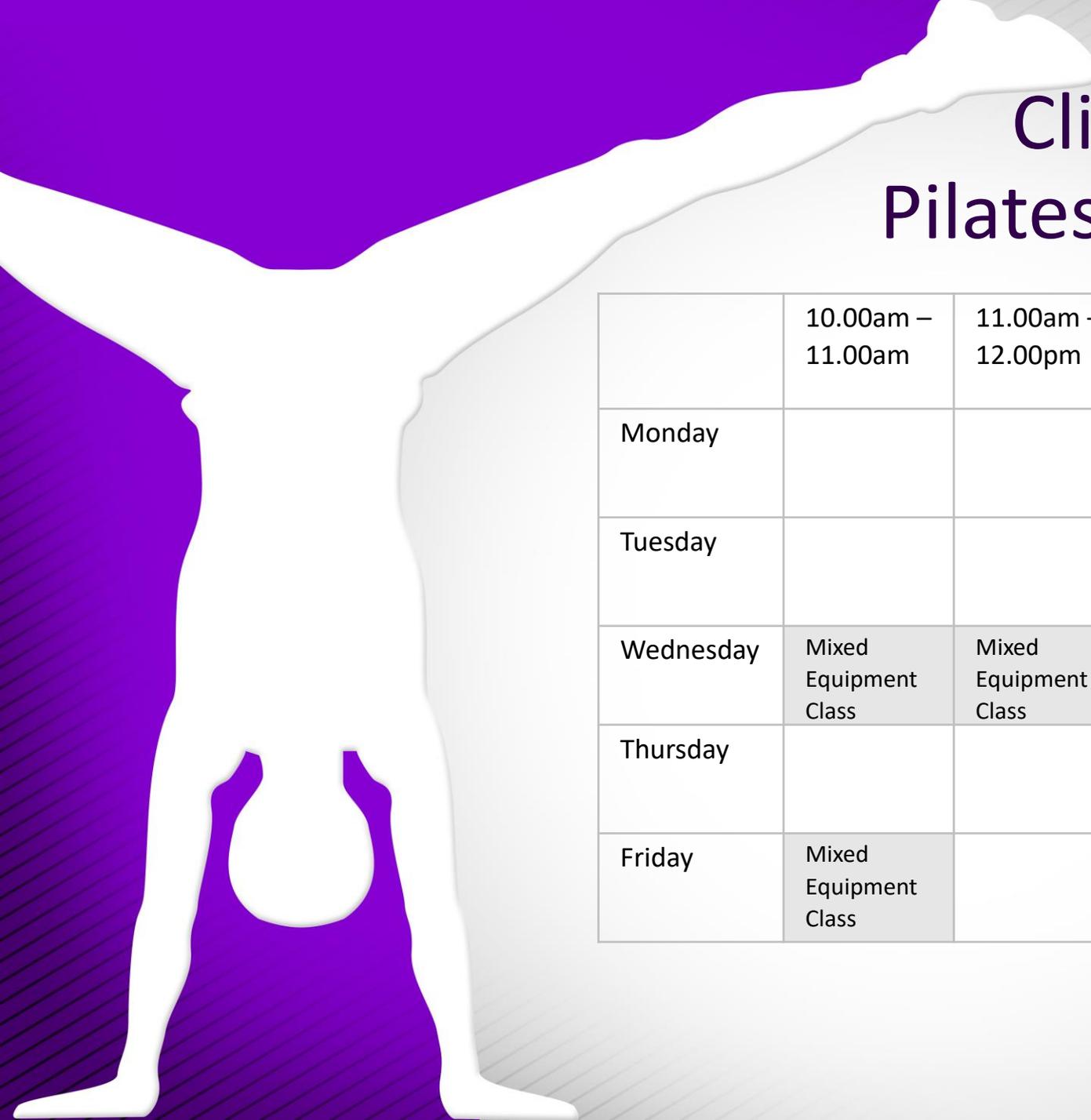




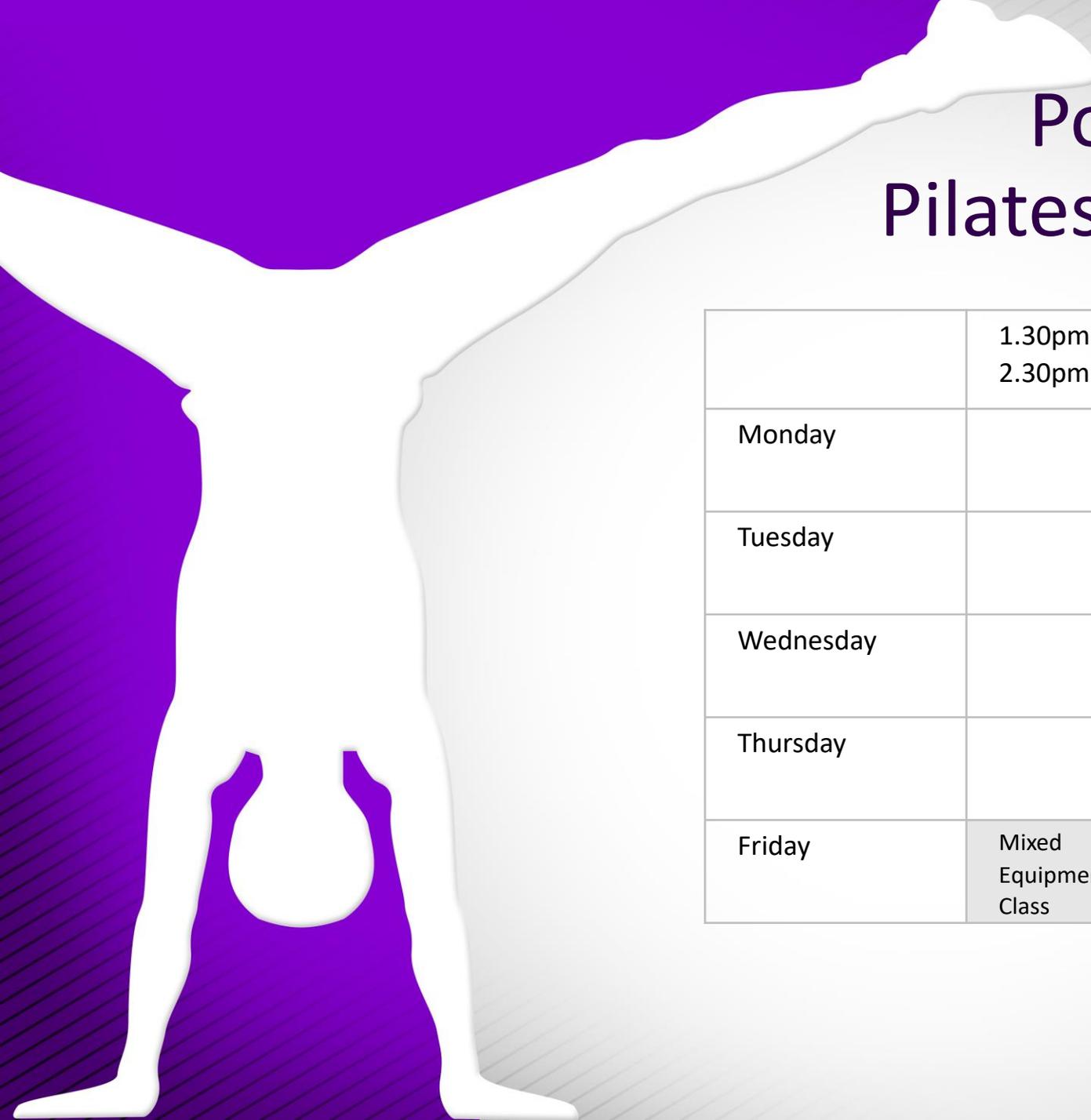
Pilates

- Please book your class at reception of either Port Douglas or Clifton Beach.
- Referrals are not necessary, but bookings are essential as each class is personalized and carries a maximum of 6 people.
- New clients will need to have a 30 minute consultation with the instructor prior to commencing the class.
- We look forward to seeing you in the studio!
- Contact details:
 - Clifton Beach Physiotherapy – (07) 4059 1218
 - Port Douglas Physiotherapy – (07) 4099 4464



Clifton Beach Pilates Timetable

	10.00am – 11.00am	11.00am – 12.00pm	5.00pm – 6.00pm	6.00pm – 7.00pm
Monday			Mixed Equipment Class	Mixed Equipment Class
Tuesday				
Wednesday	Mixed Equipment Class	Mixed Equipment Class		
Thursday				
Friday	Mixed Equipment Class			



Port Douglas Pilates Timetable

	1.30pm – 2.30pm	4.00pm – 5.00pm
Monday		
Tuesday		Mixed Equipment Class
Wednesday		
Thursday		
Friday	Mixed Equipment Class	