



**Lynette Pickersgill**  
 MPhtySt(Manip) BPhysio  
 APA Musculoskeletal Physiotherapist

*Practice*  
**Buderim Advanced Physio**  
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## Valerie Mitchenson

Times:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am-7.00am							
9.15am-10.15am							
10.30am-11.30am						<b>Removed from Timetable</b>	
11.30am-12.30pm							
4.30pm – 5.30pm							
5.45pm – 6.45pm							

### Pilates Checklist

**Available times are shown above in blue.**

- Bookings are essential to classes.
- If this is your first time to Pilates please arrive 5 minutes early to fill out forms
- Please wear light comfortable clothing.
- Socks **MUST** be worn for all our sessions
- Bring water bottle.

### Pricing

- \$40 per session (can be bought in package of 10)
- Minimum 1 clients/class; maximum 2 clients/class

More info contact Lynette: 0427986109, or 5477 1332

Please note: Cancellations - full fee charged if less than 24 hours' notice.