

Pilates on Point

R E F O R M E R S T U D I O

Join us at Port Hedland's own Reformer Pilates Studio in the West End! Stretch, strengthen and tone your muscles, limber up as you build core strength.

No experience required, come and give it a try!

Timetable

Mon	Tue	Wed	Thu	Fri	Sat
5:45am	5:45am	5:45am	5:45am		
	9:30am				8:45am
				12:30pm	9:45am
4:45pm		4:45pm	4:45pm	4:45pm	
		5:45pm			



Shop 2, 6 Anderson Street, Port Hedland

Book online
hedlandphysio.com

0417 488 072