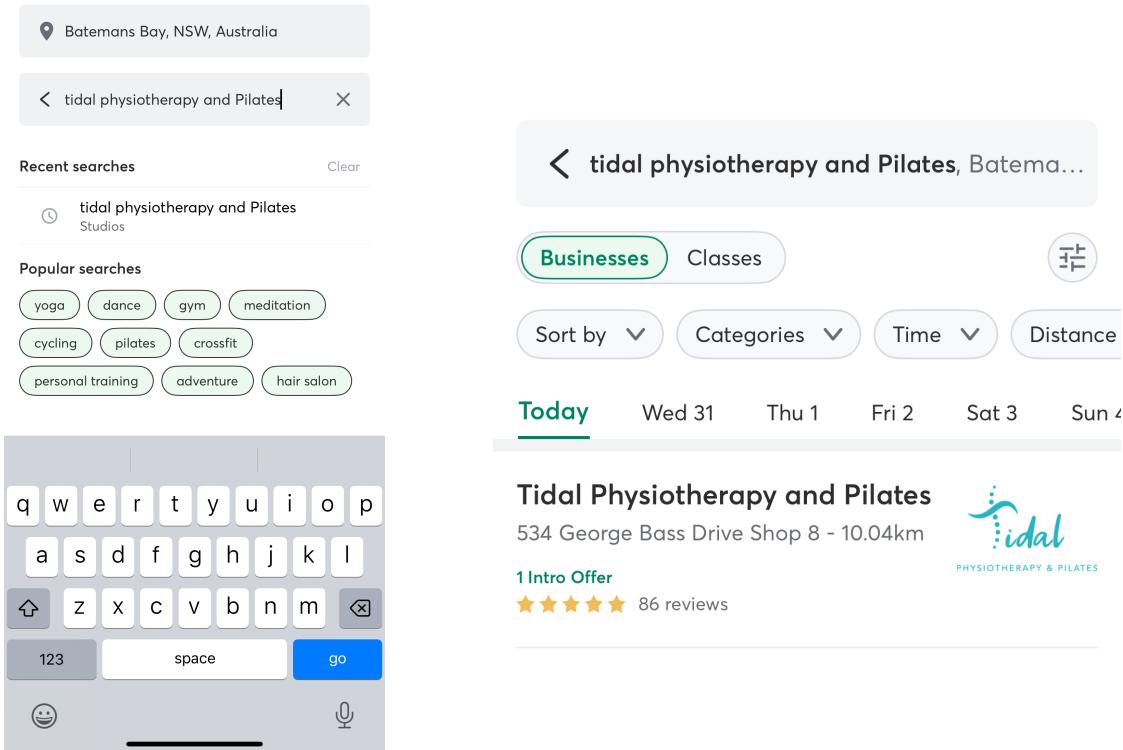
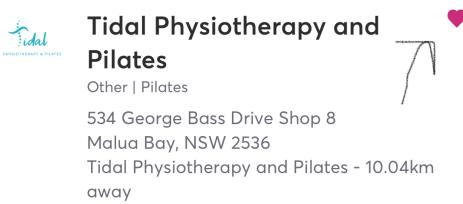


How to use MINDBODY on your mobile:

1. Download the MINDBODY App from your Apps Store: (LINK: get.mndbdy.ly/heAjPszmnJb)
2. Log In or Create an Account
3. Search for Tidal Physiotherapy & Pilates



4. Add us to your favourites by clicking the “heart” icon on the top right corner. This will keep our schedule on your main page every time you use your app.



5. From here you can view pricing and the schedule and book your classes. Remember if you are new to our studio you have access to our Intro Offer so be sure to select that at your first check out!

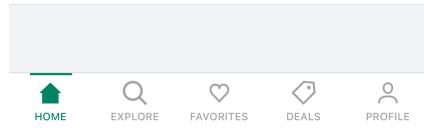


Schedule

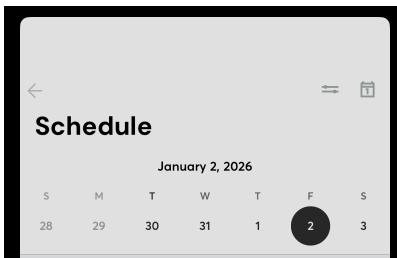
January 2, 2026

S	M	T	W	T	F	S
28	29	30	31	1	2	3

6:10am	PILATES Reformer Strong (50 min) w/ Michelle Yount	A\$40.00 DROP-IN	Book
7:30am	PILATES Reformer Foundations (50 min) w/ Michelle Yount	A\$40.00 DROP-IN	Waitlist
9:30am	PILATES Reformer Strong (50 min) w/ Michelle Yount	A\$40.00 DROP-IN	Waitlist
10:30am	PILATES Reformer All Levels (50 min) w/ Michelle Yount	A\$40.00 DROP-IN	Waitlist



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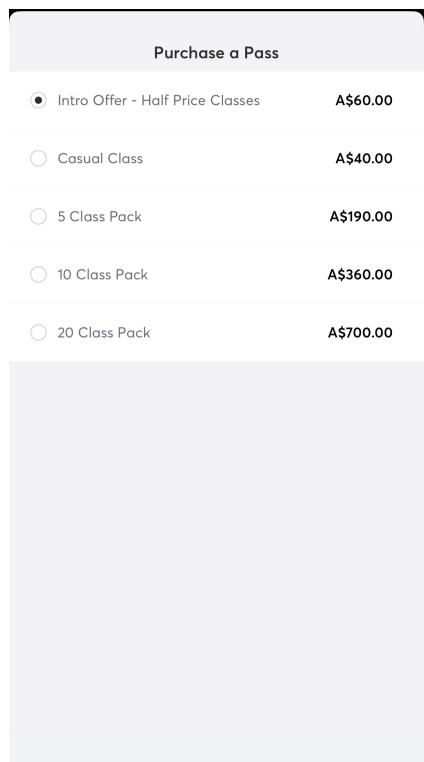


PILATES Reformer Strong	X
Tidal Physiotherapy and Pil... - 554.43km	
Friday, Jan 2 6:10 - 7 am AEDT w/ Michelle Yount	
PAY WITH MasterCard	→
Intro Offer - Half Price Classes A\$60.00	→
SUBTOTAL	A\$60.00
SALES TAX	A\$0.00
TOTAL	A\$60.00

Your card will be charged when you tap Book and Buy

[BOOK AND BUY](#)

NOTE: If you click on where it says "Intro Offer - Half Price Classes" you will be able to select the pricing option you would like to use. Here's a screenshot of what shows up when you click on it. If you are eligible for the intro offer it will automatically give you that option. If you think you should be eligible but it is not showing up for you then please contact us!



If you have any questions, please contact us via telephone at +61 0422402627 or email at info@tidalphysio.com.au