

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am	Pilates Cara	Pilates Cara	—	7.00am Pilates Anita	Pilates Tim	—
7:30am	Pilates Cara	Pilates Cara	Pilates Dan	7.45am Pilates Anita	Pilates Tim	—
8:30am	—	Pilates Cara	GLA:D Dan	Pilates Anita	—	Pilates
9.30am	Pilates Tim	Pilates Sarah C	Pilates Dan	Pilates Sarah C	Pilates Tim	Pilates
10.30am	Pilates Anita	Pilates Sarah P	Pilates Anita	Pilates Sarah C	Pilates Tim	Pilates
11:30am	Pilates Tim	Mums & Bumps Sarah C	Fab 50s + Carrie	Mums & Bumps Sarah C	Fab 50s + Carrie	—
12:30pm	GLA:D Dan	Pilates Sarah C	—	Pilates Tim	GLA:D Anita	—
1:30pm	—	Pilates Scott	Pilates Anita	Pilates Scott	Pilates Anita	—
2:30pm	Fab 50s + Carrie	Pilates Tim	—	—	—	—
3.30pm	Pilates Dan	Pilates Anita	—	Pilates Dan	—	—
4:30pm	Pilates Anita	GLA:D Sarah C	Pilates Tim	Pilates Cara	—	—
5:30pm	Pilates Dan	Pilates Sarah C	Pilates Tim	Pilates Cara	—	—
6:15pm	Pilates Sarah P	Pilates Anita	Pilates Anita	GLA:D Dan	—	—
7:00pm	GLA:D Anita					

Class duration 45 minutes. Bookings are essential for all classes. Notice of cancellation is required 12 hours prior to your booked class or a cancellation fee of \$20 will be charged.

Flex Norwood 45 Kensington Road 8361 3355