



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30 am	—	—	GLA:D Dan - Norwood	—	—	—
9:30 am	—	—	—	—	—	—
10.00 am	—	—	GLA:D Luke - Stirling	—	—	—
11.00 am	GLA:D Luke - Stirling	—	—	—	—	—
12.30 pm	GLA:D Dan - Norwood	—	—	—	GLA:D Anita - Norwood	—
4.30 pm	—	GLA:D Sarah C - Norwood	—	—	—	—
6.15 pm	—	—	—	GLA:D Dan - Norwood	—	—
7.00 pm	GLA:D Anita - Norwood	—	—	—	—	—

Class duration 60 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
 45 Kensington Road Norwood
 20 Milan Terrace Stirling
 Phone 8361 3355 flexclinic.com.au