

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 am	1v1 / Small Group	Unsupervised	—	Unsupervised	Unsupervised	—
7:15 am	1v1 / Small Group	1v1 / Small Group	—	1v1 / Small Group	Unsupervised	—
8.00 am	1v1 / Small Group	1v1 / Small Group	—	1v1 / Small Group	Unsupervised	—
8.45 am	Class	1v1 / Small Group	Unsupervised	1v1 / Small Group	Unsupervised	1v1 / Small Group
9.30 am	Class	1v1 / Small Group	Unsupervised	Class	Unsupervised	1v1 / Small Group
10.15 am	1v1 / Small Group	1v1 / Small Group	Unsupervised	1v1 / Small Group	Unsupervised	1v1 / Small Group
11.00 am	1v1 / Small Group	1v1 / Small Group	Unsupervised	1v1 / Small Group	Unsupervised	1v1 / Small Group
11.45 am	1v1 / Small Group	1v1 / Small Group	Unsupervised	1v1 / Small Group	Unsupervised	—
2.00 pm	—	—	—	—	—	—
2.45 pm	—	—	—	—	—	—
3.30 pm	1v1 / Small Group	1v1 / Small Group	Unsupervised	1v1 / Small Group	—	—
4.15 pm	1v1 / Small Group	1v1 / Small Group	Unsupervised	1v1 / Small Group	—	—
5.00 pm	1v1 / Small Group	1v1 / Small Group	Unsupervised	1v1 / Small Group	—	—
5.45 pm	1v1 / Small Group	1v1 / Small Group	Unsupervised	1v1 / Small Group	—	—

Session duration 45minutes. Bookings are essential. Cancellations need to be made 12 hours prior to your session or the full fee will be charged.

Flex Norwood
45 Kensington Road
8361 3355