



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

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

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