

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 am	1v1 / Small Group	Unsupervised	—	1v1 / Small Group	Unsupervised	—
7:15 am	1v1 / Small Group	1v1 / Small Group	1v1 / Small Group	1v1 / Small Group	Unsupervised	—
8.00 am	1v1 / Small Group	1v1 / Small Group	1v1 / Small Group	1v1 / Small Group	Unsupervised	7.45 am FX Altitude/Pilates
8.45 am	FX Altitude/Pilates	1v1 / Small Group	1v1 / Small Group	1v1 / Small Group	Unsupervised	1v1 / Small Group
9.30 am	1v1 / Small Group	1v1 / Small Group	1v1 / Small Group	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	—	Unsupervised	—	—	—
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	—	—
6.30 pm	—	1v1 / Small Group	—	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
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