



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00 am	—	—	—	—	—	—
9:00 am	—	—	—	—	—	—
10.00 am	—	—	—	—	—	—
11.00 am	GLA.D - EFM	—	Pilates Class	—	GLA.D - EFM	—
12.00 pm	—	—	—	—	Rehab Class - EFM	—
12.15 pm	Pilates Class	—	—	—	—	—
4.30 pm	—	—	—	—	Pilates Class	—
5.30 pm	Pilates Class	—	—	—	—	—

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

Flex Stirling 8361 3355  
20 Milan Terrace