

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00 am	Pilates (Tim)	—	Pilates (Tim)	—	Pilates (Tim)	—
9:30 am	—	Pilates (Tim)	—	Pilates (Tim)	—	—
9.45 am	—	—	Pilates (Tim)	—	—	—
10.15 am	—	—	—	—	—	—
12.00 pm	—	—	—	—	—	—
12.15 pm	—	—	—	—	—	—
5.30 pm	—	Pilates (Tim)	Pilates (Tim)	Pilates (Tim)	—	—
5.45 pm	—	—	—	—	—	—

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 Cumberland Park  
380 Goodwood Road  
Phone 8373 0562