

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am	Flex FIT Isaac	FITNESS Pilates Anna	6.30 7.30 8.10 STRENGTH Zoe (EP)	7am Flex FIT Olivia	FITNESS Pilates Anna	—
7:30am	Flex FIT Isaac	Flex FIT Anna	Flex FIT Isaac	7:50am Flex FIT Felicity	Flex FIT Anna	—
8:30am	—	Flex FIT Anna	Flex STRENGTH Zoe (EP)	8:40am Flex FIT Felicity	FITNESS Pilates Anna Strength Zoe	8.30am Flex FIT
9.30am	Flex FIT Anna	Flex FIT Sarah	9:00am Flex FIT Sarah	Flex FIT Sarah	Flex FIT Olivia	9:20am Flex FIT
10.30am	Flex FIT Sarah	Flex FIT Olivia	10:00am Flex FIT Sarah	Flex FIT Sarah	Flex FIT Olivia 10.50 Flex RUN Zoe	10:10am Flex FIT
11:30am	Flex FIT Olivia	Flex FIT Sarah (CF)	11:00am Flex FIT Olivia	Flex FIT Anna (CF)	11.40am SENIOR FIT Daniel	11am Flex FIT
12:30pm	FITNESS Pilates Anna	Flex FIT Sarah	11.30am Flex STRENGTH Zoe (EP)	Flex FIT Olivia	Flex FIT Daniel	—
1:30pm	SENIOR FIT Daniel	Flex FIT Scott	Flex FIT Anna	Flex FIT Felicity	—	—
2:30pm	SENIOR FIT Daniel	—	—	SENIOR FIT Daniel	SENIOR FIT Daniel	—
3.30pm	—	Flex FIT Felicity	—	Flex FIT Daniel	—	—
4:30pm	FITNESS Pilates Olivia	Flex FIT Sarah	Flex FIT Anna	Flex FIT Isaac	—	—
5:30pm	Flex FIT Anna	Flex FIT Sarah	Flex FIT Olivia	FITNESS Pilates Anna	—	—
6:00pm	5pm & 6pm Flex RUN Zoe	—	4pm 5pm 6pm Flex RUN Zoe (EP)	—	—	—
6.20pm	—	Flex FIT Cooper	Flex FIT Anna	Flex FIT Anna	—	—

Class duration 45 minutes. Bookings are essential for all classes. Bookings are NOT automatic, you must make your bookings at reception or online.

Notice of cancellation is required 12 hours prior to your booked class or a cancellation fee of \$20 will be charged. CF (child friendly) EP (Exercise

Physiologist run)

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