

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am	Flex FIT Daniel	FITNESS Pilates Anna	6.30 7.30 8.10 STRENGTH Zoe (EP)	7am Flex FIT Rob	FITNESS Anna	—
7:30am	Flex FIT Daniel	Flex FIT Anna	Flex FIT Daniel	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 Rob	9:20am Flex FIT
10.30am	Flex FIT Sarah	Flex FIT Rob	10:00am Flex FIT Sarah	Flex FIT Sarah	Flex FIT Rob 10.50 Flex RUN Zoe	10:10am Flex FIT
11:30am	Flex FIT Rob	Flex FIT Sarah (CF)	11:00am Flex FIT Rob	Flex FIT Anna (CF)	11.40am SENIOR FIT Daniel	11am Flex FIT
12:30pm	FITNESS Pilates Anna	Flex FIT Sarah	11.30 Flex STRENGTH Zoe (EP)	Flex FIT Rob	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	Flex FIT Rob	Flex FIT Sarah	Flex FIT Anna from 1/9/23	Flex FIT Cooper	—	—
5:30pm	Flex FIT Anna	Flex FIT Sarah	Flex FIT Anna	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. 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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