

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am		Flex STRENGTH Claudia	Flex STRENGTH Zoe			—
7:30am		Flex STRENGTH Claudia	Flex STRENGTH Zoe			
8:30am			8.10am Flex STRENGTH Zoe	8.40am Flex STRENGTH Claudia	Flex STRENGTH Zoe	
9.30am						
10.30am		Flex STRENGTH Claudia		Flex STRENGTH Claudia	10.50am Flex RUN Zoe	
11:30am			Flex STRENGTH Zoe			
12:30pm						—
1:30pm					—	—
2:30pm		—	—			—
3.30pm	—		—		—	—
4:00pm			Flex RUN Zoe		—	—
5:00pm	Flex RUN Zoe		Flex RUN Zoe		—	—
6:00pm	Flex RUN Zoe	—	Flex RUN Zoe	—	—	—

Class duration 45 minutes. Bookings are essential for all classes. Bookings are NOT automatic, you must make your bookings at reception or online. [Flex Norwood](https://flexclinic.com.au) 45 Kensington Road 8361 3355
 Notice of cancellation is required 12 hours prior to your booked class or a cancellation fee of \$20 will be charged.