



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am			Flex STRENGTH Zoe			—
7:30am		7am Flex STRENGTH Claudia	Flex STRENGTH Zoe			
8:30am			8.10am Flex STRENGTH Zoe		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. flexclinic.com.au
 Notice of cancellation is required 12 hours prior to your booked class or a cancellation fee of \$20 will be charged. [Flex Norwood](https://flexclinic.com.au) 45 Kensington Road 8361 3355