



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00 am	—	—	—	—	—	—
10:00 am	—	—	—	—	—	—
11.00 am	—	—	—	—	Hips & Knees - Stirling FIT Co.	—
11.30 am	—	—	—	—	—	—
2.45 pm	—	Hips & Knees - Stirling FIT Co.	—	—	—	—
4.00 pm	—	—	—	Flex FIT	—	—
4.45 pm	—	Flex FIT	—	—	—	—
5.00 pm	—	—	—	Flex FIT	—	—

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 Stirling 8361 3355  
 20 Milan Terrace