



rehabilitation clinic

Flex Norwood Exercise Physiology

Class Timetable 2026

45 Kensington Road, Norwod

Phone: 08 8361 3355

Email: admin@flexclinic.com.au

	Monday	Tuesday	Wednesday	Thursday
6:30am		6:30am Flex STRENGTH Claudia		
7:30am		7:30am Flex STRENGTH Claudia		
8:30am	8:30am Flex BALANCE Will		8:00am Flex STRENGTH Will	
9:30am				
10:30am	10:30am Flex STRENGTH Will	10:30am Flex STRENGTH Claudia		10:30am Flex STRENGTH Claudia
11:30am				
12:30pm				
1:30pm				
2:30pm				
3:30pm	3:30pm Flex BALANCE Will		3:00pm Flex BALANCE Will	
4:30pm			4:00pm Flex RUN Maddie	
5:30pm	5:00pm Flex RUN Maddie		5:00pm Flex RUN Maddie	
6:30pm	6:00pm Flex RUN Maddie		6:00pm Flex RUN Maddie	