

Flex Norwood Exercise Physiology

Class Timetable 2025

45 Kensington Road Norwood

Phone: 83613355

Email: admin@flexclinic.com.au



	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am			6:30am Flex STRENGTH Zoe		
7:30am		7:00am Flex STRENGTH Claudia	7:30am Flex STRENGTH Zoe		
8:30am			8:10am Flex STRENGTH Zoe		8:30am Flex STRENGTH Zoe
10:30am		10:30am Flex STRENGTH Claudia		10:30am Flex STRENGTH Claudia	10:50am Flex RUN Zoe
11:30am			11:30am Flex STRENGTH Zoe		
4:00pm			4:00pm Flex RUN Zoe		
5:00pm	5:00pm Flex RUN Zoe		5:00pm Flex RUN Zoe		
6:00pm	6:00pm Flex RUN Zoe		6:00pm Flex RUN Zoe		

Class duration 45 minutes. Bookings are essential for all classes. Bookings are NOT automatic. You must make bookings at reception or online at flexclinic.com.au.

Notice of cancellation is required 12 hours prior to your class or a cancellation fee of \$20 will be charged.