

## Flex Norwood Exercise Physiology

### Class Timetable 2025

45 Kensington Road Norwood

Phone: 83613355

Email: [admin@flexclinic.com.au](mailto:admin@flexclinic.com.au)



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:30am</b>		<b>6:30am</b> Flex <b>STRENGTH</b> Claudia			
<b>7:30am</b>		<b>7:30am</b> Flex <b>STRENGTH</b> Claudia			
<b>8:30am</b>					
<b>10:30am</b>		<b>10:30am</b> Flex <b>STRENGTH</b> Claudia		<b>10:30am</b> Flex <b>STRENGTH</b> Claudia	
<b>11:30am</b>					
<b>4:00pm</b>			<b>4:00pm</b> Flex RUN Maddie		
<b>5:00pm</b>	<b>5:00pm</b> Flex RUN Maddie		<b>5:00pm</b> Flex RUN Maddie		
<b>6:00pm</b>	<b>6:00pm</b> Flex RUN Maddie		<b>6:00pm</b> Flex RUN Maddie		

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](http://flexclinic.com.au).

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