



Flex Norwood Exercise Physiology Class Timetable 2026

45 Kensington Road Norwood

Phone: 83613355

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		8:30am Flex STRENGTH Will	
10:30am	10:30am Flex STRENGTH Will	10:30am Flex STRENGTH Claudia		10:30am Flex STRENGTH Claudia
2:30pm			2:30pm Flex STRENGTH Will	
3:30pm	3:30pm Flex BALANCE Will			
4:00pm			4:00pm Flex RUN Maddie	
5:00pm	5:00pm Flex RUN Maddie		5:00pm Flex RUN Maddie	
6:00pm	6:00pm Flex RUN Maddie		6:00pm 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.

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