

Flex Norwood Pilates Class Timetable January 2026

45 Kensington Road Norwood

Phone: 83613355

Email: admin@flexclinic.com.au



| | 6:30am | 7:30am | 8:30am | 9:30am | 10:30am | 11:30am | 12:30pm | 1:30pm | 2:30pm | 3:30pm | 4:30pm | 5:30pm | 6:20pm |
|------------------|---------------------------------------|------------------------------|---------------------------------------|-----------------------------|-------------------------------|--------------------------------------|-------------------------------|------------------------------------|------------------------------------|------------------------------|--|--|-----------------------------|
| Monday | 6:30am Flex FIT Bella | 7:30am Flex FIT Bella | | 9:30am Flex FIT Bella | 10:30am Flex FIT Olivia | 11:30am Flex FIT Olivia | 12:30pm Flex FIT Alice | 1:30pm SENIOR Fit Jeannie | 2:30pm SENIOR Fit Jeannie | | 4:30pm FITNESS Pilates Olivia | 5:30pm Flex FIT Alice | |
| Tuesday | | 7:30am Flex FIT Olivia | 8:30am Flex FIT Olivia | 9:30am Flex FIT Sarah | 10:30am Flex FIT Olivia | 11:30am Flex FIT Sarah (CF) | 12:30pm Flex FIT Sarah | 1:30pm Flex FIT Scott | 2:30pm Flex FIT Bella | 3:30pm Flex FIT Olivia | 4:30pm Flex FIT Sarah | 5:30pm Flex FIT Sarah | 6:20pm Flex FIT Sarah |
| Wednesday | | 7:30am Flex FIT Bella | | 9:00am Flex FIT Sarah | 10:00am Flex FIT Sarah | 11:00am Flex FIT Olivia | | 1:30pm Flex FIT Alice | 2:30pm SENIOR Fit Jeannie | | 4:30pm Flex FIT Alice | 5:30pm FITNESS Pilates Olivia | 6:20pm Flex FIT Alice |
| Thursday | 7:00am Flex FIT Olivia | 7:50am Flex FIT Olivia | 8:40am Flex FIT Olivia | 9:30am Flex FIT Sarah | 10:30am Flex FIT Sarah | 11:30am Flex Fit Flick (CF) | 12:30pm Flex FIT Olivia | 1:30pm Flex FIT Olivia | 2:30pm SENIOR Fit Isaac | 3:30pm Flex FIT Bella | 4:30pm Flex FIT Bella | 5:30pm FITNESS Pilates Alice | 6:20pm Flex FIT Alice |
| Friday | 6:30am FITNESS Pilates Alice | 7:30am Flex FIT Alice | 8:30am FITNESS Pilates Alice | 9:30am Flex FIT Sonia | 10:30am Flex FIT Sonia | 11:30am SENIOR Fit Jeannie | 12:30pm Flex FIT Sonia | 1.30pm Flex FIT Bella | 2.30pm SENIOR Fit Bella | | | | |
| Saturday | | 7:40am FITNESS Pilates | 8:30am Flex FIT | 9:20am Flex FIT | 10:10am Flex FIT | 11:00am Flex FIT | | | | | | | |

Class duration 45 minutes. Bookings are essential for all classes. Bookings are NOT automatic; you must book at reception or online at flexclinic.com.au.

Notice of cancellation is required 12 hours prior to your booked class or a cancellation fee will be charged. CF (child friendly) FITNESS (reformer Pilates class)