

Flex Norwood Pilates Class Timetable 2025

45 Kensington Road Norwood

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	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 Isaac	7:30am Flex FIT Isaac		9:30am Flex FIT Anna	10:30am Flex FIT Sarah	11:30am Flex FIT Olivia	12:30pm Fitness Pilates Anna	1:30pm SENIOR Fit Daniel	2:30pm SENIOR Fit Daniel		4:30pm FITNESS Pilates Olivia	5:30pm Flex FIT Anna	
Tuesday		7:30am Flex FIT Anna	8:30am Flex FIT Anna	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		3:30pm Flex FIT Olivia	4:30pm Flex FIT Sarah	5:30pm Flex FIT Sarah	6:20pm Flex FIT Cooper
Wednesday		7:30am Flex FIT Isaac		9:00am Flex FIT Sarah	10:00am Flex FIT Sarah	11:00am Flex FIT Olivia		1:30pm Flex FIT Anna			4:30pm Flex FIT Anna	5:30pm FITNESS Pilates Olivia	6:20pm Flex FIT Anna
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 Anna (CF)	12:30pm Flex FIT Olivia	1:30pm Flex FIT Olivia	2:30pm SENIOR Fit Daniel	3:30pm Flex FIT Isaac	4:30pm Flex FIT Isaac	5:30pm FITNESS Pilates Anna	6:20pm Flex FIT Anna
Friday	6:30am FITNESS Pilates Anna	7:30am Flex FIT Anna	8:30am FITNESS Pilates Anna	9:30am Flex FIT Cooper	10:30am Flex FIT Cooper	11:40am SENIOR Fit Daniel	12:30pm Flex FIT Daniel		2:30pm SENIOR Fit Daniel				
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.

Notice of cancellation is required 12 hours prior to your booked class or a cancellation fee of \$20 will be charged. **CF (child friendly)** **FITNESS (reformer Pilates class)**