

Flex Stirling Pilates

Class Timetable 2025

Stirling Hospital – 20 Milan Terrace Stirling

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BOOK ONLINE flexclinic.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00am					11:00am Hips and Knees – Stirling FIT Co. Luke
2:45pm		2:45pm Hips and Knees – Stirling FIT Co. Luke			
4:45pm		4:45pm Flex FIT Luke			
5:00pm				4:45pm Flex FIT Luke	

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.