

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|-----------------------|-----------------------|--------------------------|------------------------------|----------------------|----------|
| 6.30am | | Flex STRENGTH Claudia | Flex STRENGTH Zoe | | | — |
| 7:30am | Flex STRENGTH Claudia | Flex STRENGTH Claudia | Flex STRENGTH Zoe | | | |
| 8:30am | | | 8.10am Flex STRENGTH Zoe | 8.40am Flex STRENGTH Claudia | Flex STRENGTH Zoe | |
| 9.30am | | | | | | |
| 10.30am | | Flex STRENGTH Claudia | | | 10.50am Flex RUN Zoe | |
| 11:30am | | | Flex STRENGTH Zoe | Flex STRENGTH Claudia | | |
| 12:30pm | | | | | | — |
| 1:30pm | | | | | — | — |
| 2:30pm | | — | — | | | — |
| 3.30pm | — | | — | | — | — |
| 4:00pm | | | Flex RUN Zoe | | — | — |
| 5:00pm | Flex RUN Zoe | | Flex RUN Zoe | | — | — |
| 6:00pm | Flex RUN Zoe | — | Flex RUN Zoe | — | — | — |

Class duration 45 minutes. Bookings are essential for all classes. Bookings are NOT automatic, you must make your bookings 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.

Flex Norwood 45 Kensington Road 8361 3355