



Norwood Pilates Class Timetable

Class times	Mon	Tues	Wed	Thurs	Fri	Sat
7:30 am		Pilates Cassie		Pilates Cassie	Pilates Tim	
8:15 am				Pilates Cassie		
8:30am						Pilates
9:15 am	Pilates M		Pilates M			Pilates
9.30am		Pilates Cassie		Pilates Tim	Pilates Tim	
10:00 am						Pilates
10.15am	Pilates Cassie	Pilates Jess	Pilates Scott	Pilates Scott	Pilates Cassie	
10.45 am						Pilates
11:00 am			Pilates M			
11.45am	Pilates M		Pilates M			
12:30 pm		Pilates Tim		Pilates Jess		
2:00 pm		Pilates Cassie	Pilates Jess		Pilates Cassie	
4:00 pm	Pilates Cassie			Pilates Sarah	Pilates Jess	
4:45 pm	Pilates Jess	Pilates Sarah	Pilates Jess	Pilates Sarah	Pilates Cassie	
5:30 pm	Pilates Jess	Pilates Sarah	Pilates Cassie	Pilates Sarah		
6:15 pm	Pilates Cassie		Pilates Cassie			

Class duration is 45minutes with a maximum of 6 people per class. Bookings are essential for all classes. If you cannot keep your appointment, notice is required 12 hours prior to your booked session or a cancellation fee will be charged.

41 Kensington Road Norwood Telephone 08 8361 3355 email admin@flexclinic.com.au