

FlexKIDS / Flexteen

OPEN
HOUSE
AUGUST 25TH

CREATE POSITIVE MOVEMENT



STUDIO A

2PM

ANTIGRAVITY® JUST KIDS INTRO AGES 6-8

2.30PM

ANTIGRAVITY® SUSPENSION FITNESS FOR PRE-TEENS AGES 9-11

3.00PM

ANTIGRAVITY® AERIAL YOGA FOR PRE-TEENS AGES 9-11

3.30PM

ANTIGRAVITY® AERIAL PERFORMANCE AGES 11+

4.00PM

ANTIGRAVITY® FITNESS PERFORMANCE AGES 11+

STUDIO B

2PM

PILATES AGES 11+

2:30PM

PILATES AGES 11+

3PM

PILATES AGES 11+

[BOOK NOW | INFO@FLEXHK.COM](#)

STUDIO C

2.00PM-4.00PM

POSTURAL SCREENING COMPLIMENTARY 15 MINUTE SESSION
WITH DR G TSANG

