



Flexteen Open House

Stretch, Breathe & Hang

Saturday 27 August
12:30pm- 2:30pm

Free Classes!

Gift Bags for all

Complimentary Chiropractic Spinal Health Screening

TEEN BARRE | 12:45pm- 1:15pm
PILATES ALLEGRO | 1:30pm- 2pm
FLYING PILATES | 1:30pm - 2pm
PILATES ALLEGRO | 2pm- 2:30pm
YOGA | 2pm- 2:30pm

Limited spaces available! RSVP with your friends now!

Shops 308- 310, One Island South 2 Heung Yip Road Wong Chuk Hang T 2813-2212 E info@flexhk.com

www.flexhk.com | *intelligent movement* |  FlexStudioHK  flexstudiohk

Flex
Studio