

MON	TUE	WED	THU	FRI	SAT
		8:00 am Cardio HIIT Training w/ Tilly 50 mins	8:30 am TRX Circuit w/ Chelsea 50 mins	8:30 am Xtend Barre® Multilevel w/ Anna 60 mins	
9:00 am Power Sculpt Yoga w/ Viv 75 mins	9:00 am Power Flow Yoga w/ Maria 75 mins	9:00 am Hatha Yoga w/ Dilip 75 mins	9:45 am Power Flow Yoga w/ Jessica W. 60 mins		9:00 am Power Flow Yoga w/ Viv 75 mins
10:30 am Xtend Barre® Multilevel w/ Chelsea 60 mins	10:30 am Xtend Barre Stick™ w/ Fang 60 mins	10:30 am Xtend Barre® Multilevel w/ Nicole 60 mins	11:00 am Classical Pilates Mat Flow w/ Gilson 50 mins		10:30 am TRX Circuit w/ Belinda 50 mins
	11:45 am Yogalates Playground w/ Maria 55 mins				11:45 am Xtend Barre® Multilevel w/ Riel 60 mins
12:00 pm AntiGravity® Decompression Session w/ Mandy 50 mins		12:00 pm Hatha Yoga w/ Vivian 50 mins	12:00 pm AntiGravity® Aerial Yoga w/ Melissa 50 mins	12:00 pm Sweet Release Yamuna® Body Rolling w/ Tamantha 55 mins	
1:00 pm TRX Circuit w/ Chelsea 50 mins	1:00 pm Express Xtend Barre® Multilevel w/ Nicole 50 mins	1:00 pm AntiGravity® Stretch & Strengthen w/ Melissa 50 mins	1:00 pm Power Sculpt Yoga w/ Jessica W. 60 mins	1:00 pm Hatha Yoga w/ Dilip 60 mins	1:00 pm AntiGravity® Suspension Fitness for Pre Teens (9-11) w/ Freddie 60 mins
					2:30 pm AntiGravity® Fitness Performance Ages 11+ w/ Freddie 60 mins
	4:00 pm Sweet Release Yamuna® Body Rolling w/ Mika 60 mins	4:30 pm AntiGravity® Just Kids Intro (Ages 6-8) w/ Natasha 60 mins	4:30 pm Stretch & Release Yoga w/ Camilla 60 mins	4:15 pm AntiGravity® Just Kids Intro (6-8) w/ Natasha 60 mins	
5:30 pm Stretch & Release Yoga w/ Maria 50 mins		5:45 pm AntiGravity® Aerial Performance (Ages 11+) w/ Natasha 60 mins		5:15 pm AntiGravity® Suspension Fitness For Pre Teens (9-11) w/ Natasha 60 mins	
6:30 pm Cardio HIIT Training w/ Caleb 50 mins	6:30 pm Stretch & Release Yoga w/ Dilip 50 mins		6:15 pm Xtend Barre® Multilevel w/ Chelsea 60 mins		
		7:00 pm Hatha Yoga w/ Camilla 50 mins			 FLEXKids/Teens Class  New Class

Studio A Group Classes

Bookings Essential. Flex reserves the right to cancel classes with less than 4 pre-registered sign ups.

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FLEX
S T U D I O

MON	TUE	WED	THU	FRI	SAT
8:30 am Classical Pilates Allegro Level 2 w/ Catherine 60 mins	8:30 am Allegro B.L.T. Multilevel w/ Juliana 60 mins	8:30 am Pilates Allegro Multilevel w/ Nick 60 mins	8:30 am Allegro Ab Blast Multilevel w/ Heather 60 mins	8:30 am Pilates Allegro Multilevel w/ Kgosi 60 mins	
9:45 am Pilates Allegro Mat Combo Multilevel w/ Kgosi 60 mins	9:45 am Classical Pilates Allegro Level 1 w/ Juliana 60 mins	9:30 am Pilates Allegro / Mat Combo Multilevel w/ Nick 60 mins	9:45 am Allegro Fat Burn Level 2 w/ Chelsea 50 mins	9:45 am Allegro Stretch & Release Level 1 w/ Kgosi 60 mins	
11:00 am Classical Pilates Allegro Level 1 w/ Juliana 50 mins	11:15 am Pilates Allegro Multilevel w/ Anna 60 mins		11:00 am Pilates Allegro Multilevel w/ Catherine 60 mins		9:15 am Allegro B.L.T. Multilevel w/ Maria 60 mins
12:00 pm Express Allegro B.L.T. Multilevel w/ Chelsea 50 mins	12:45 pm Allegro Stretch & Release Level 1 w/ Maria 60 mins	12:00 pm Express Allegro Stretch & Release Level 1 w/ Riel 50 mins		12:00 pm Pilates Allegro Level 1 w/ Juliana 50 mins	10:30 am Pilates Allegro Multilevel w/ Maria 60 mins
1:00 pm Express Classical Pilates Allegro Level 1 w/ Juliana 50 mins		1:00 pm Express Pilates Allegro Multilevel w/ Nick 50 mins	1:00 pm Allegro B.L.T. Multilevel w/ Catherine 50 mins	1:00 pm Express Allegro Ab blast Multilevel w/ Juliana 50 mins	11:45 am Teen Pilates Age 11+ w/ Brenton 60 mins
4:30 pm Pilates Allegro Multilevel w/ Maria 60 mins	4:00pm Allegro B.L.T. Multilevel w/ Riel 60 mins	4:30 pm Ab Blast Allegro Multilevel w/ Juliana 60 mins	4:00 pm Classical Pilates Allegro Level 1 w/ Kgosi 60 mins	5:30 pm Teen Pilates Age 11+ w/ Juliana 60 mins	
6:30 pm Allegro Ab Blast Multilevel w/ Maria 60 mins	6:15 pm Allegro Circuit Sculpt Level 2 w/ Riel 50 mins	6:30 pm Classical Pilates Allegro Level 1 w/ Juliana 60 mins			
			7:15 pm Allegro Ab Blast Multilevel w/ Chelsea 60 mins		 FLEXTeens

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#FLEXAPPEAL -Working out is always better together. Bring a friend to a class and each pays 50% of the drop in rate!

Studio B

Pilates Allegro Classes

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