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DURBANVILLE WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
6:00			Mat Strength	Rene					Mat Strength	Rene
			Reformer Flow	Jana			Reformer Strength	Jana	Reformer Strength	Suzette
7:00			Mat Strength	Rene					Mat Flow	Rene
	Reformer Strength	Lania	Reformer Flow	Jana	Reformer Strength	Lania	Reformer Strength	Jana	Reformer Strength	Suzette
8:00			Mat Flow	Rene	Mat Flow	Lania	Mat Flow	Jana	Mat Flow	Rene
	Reformer Strength	Lania	Reformer Strength	Jana			Reformer Strength	Karmia	Reformer Strength	Suzette
9:15	Mat Flow	Karmia	Mat Flow	Jana	Mat Fundamental	Rene	Mat Flow	Karmia	Mat Flow	Suzette
	Reformer Flow	Lania	Mat Flow	Karmia	Reformer Flow	Lania	Reformer Flow	Jana	Reformer Flow	Karmia
10:15	Reformer Flow	Lania					Mat Flow	Jana		
11:15	Senior Wellness (Chair)	Karmia								
11:30							Senior Wellness Mat Flow	Rene		
15:30			Mat Teens & Tweens	Jana						
16:30	Mat Fundamental	Rene	Mat Flow	Rene			Mat Fundamental	Rene		
			Reformer Flow	Jana	Reformer Strength	Lania	Reformer Flow	Jana		
16:45	Reformer Strength	Lania								
17:30	Mat Flow	Rene	Mat Strength	Jana	Mat Strength	Lania	Mat Flow	Jana		

All our classes last 1 hour / Effective date: 20 July 2026 **First Saturday Classes:** 1 August 2026 at Reformer at 7:30, 8:30, 9:30 and Mat at 8:30 **Levels:** Flow = Essential, Strength=Intermediate
Booking essential: Mat Groups max 14, Reformer Groups max 5 per slot. **Cancellation threshold:** 6:00, 7:00 and 8:00 Reformer classes = 12 hours all other Reformer = 6 hours; Mat classes = 30min