

CLICK HERE to try a class or a private session?

HERMANUS WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
06:30									Mat All-Levels	Inge
07:00	Mat Intermediate	Annelize					Mat Intermediate	Annelize		
07:30					Mat Advanced	Annelize				
07:45									Mat Intermediate	Annelize
08:00			Mat Intermediate	Annelize						
08:15	Mat All-Levels	Annelize					Mat Essential	Annelize		
09:00									Mat Essential	Annelize
09:15			Mat Essential	Annelize						
09:30	Mat Fundamental / Essential	Annelize					Matwork for Men	Annelize		
10:15					Mat All-Levels	Milena			Mat Essential	Milena
11:30									Mat Fundamental / Essential	Inge
12:00							Mat Fundamental	Annelize		
14:30			Mat Fundamental	Annelize						
17:30					NEW	Mat All-Levels	Milena			
18:00	NEW	Mat All-Levels	Milena				NEW	Mat All-Levels	Inge	

Class duration: 1 hour / Booking closes 60min prior to class / **Effective date:** 20 July 2026