

CLICK HERE to try a class or a private session?

STELLENBOSCH CENTRAL WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
5:45			NEW Reformer Flow	Rosanne			Reformer Flow	Maretha		
7:00			Mat Strength	Rosanne						
	Reformer Strength	Suzette	Reformer Strength	Maretha	Reformer Flow	Maretha	Reformer Flow	Maretha	Reformer Flow	Rosanne
8:15	Mat Strength	Suzette					Mat Strength	Maretha		
			Reformer Strength	Maretha	Reformer Flow	Maretha			Reformer Flow	Rosanne
9:30					Mat Flow	Maretha			Mat Flow	Rosanne
	Reformer Flow	Rosanne	Reformer Flow	Maretha			Reformer Strength	Maretha		
13:00			Yoga Strength	Lente			Yoga Flow	Lente		
15:30	Mat Strength	Rosanne								
16:30					Mat Flow	Maretha				
	Reformer Flow	Rosanne	Reformer Flow	Maretha			Reformer Flow	Maretha		
17:30	Yoga Flow	Lente								
					Reformer Strength	Maretha				

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 11, Reformer Groups max 10 per slot. Cancellation threshold: 5:45, 7:00 and 8:15 Reformer classes = 12 hours all other Reformer = 6 hours; Mat classes = 30min