

CLICK HERE to try a class or a private session?

STELLENBOSCH SQUARE WEEKLY SCHEDULE

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

All our classes last 1 hour / Effective date: 20 July 2026 **Levels:** Flow = Essential, Strength=Intermediate
Booking essential: Mat Groups max 8, Reformer Groups max 9 per slot. **Cancellation threshold:** 7:00 and 8:15 Reformer classes = 12 hours all other Reformer = 6 hours; Mat classes = 30min