



STELLENBOSCH WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45	Pilates Intermediate		Pilates Intermediate		
7:00	Reformer Essential	Reformer Intermediate Pilates Essential	Reformer Intermediate	Reformer Essential	Pilates Essential
8:15	Pilates Intermediate	Reformer Essential MAP Movement	Reformer Essential Pilates Essential	Pilates Intermediate	Reformer Essential
9:30			Reformer Essential	Reformer Intermediate	MAP Movement
10:30			Women Pilates Essential		
13:00					
15:00					
15:30	Pilates Intermediate				
16:00			Pilates Essential		
16:30	Reformer Essential	MAP Movement		Reformer Essential	
17:15			Reformer Intermediate		
17:30	Reformer Intermediate	Reformer Intermediate		Pilates Intermediate	

All classes are 60 minutes