



## DURBANVILLE WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00		Reformer Essential		Reformer Intermediate	Mat Intermediate Reformer Intermediate
7:00	Reformer Intermediate	Mat Intermediate Reformer Essential	Reformer Intermediate	Reformer Intermediate	Mat Essential Reformer Intermediate
8:00	Reformer Intermediate	Mat Essential Reformer Intermediate	MAP Movement	Mat Essential Mat Intermediate Reformer Essential	Mat Essential Reformer Intermediate
9:00	Mat Essential Reformer Essential			Reformer Essential	Reformer Essential
9:15		Pilates Essential	Mat Essential Reformer Essential		MAP Movement
10:00	Reformer Essential			Senior Wellness	
10:30		Senior Wellness			
11:00				Mat Essential	
15:30		Mat Teen & Tweens		Reformer Essential	
16:30	Mat Fundamental Reformer Essential	Mat Essential	Mat Essential	Mat Fundamental	
17:30	Mat Essential Reformer Fundamental	Mat Intermediate	Mat Intermediate / Advanced	Mat Essential	

All our classes last 1 hour / Effective date: 6 January 2025