



## HERMANUS WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00	Mat Intermediate			Mat Intermediate	
7:30			Mat Advanced		
7:45					Mat Intermediate
8:00		Mat Intermediate			
8:15	Pilates Matwork for Men			Mat Fundamental / Essential	
9:00					Mat Fundamental / Essential
9:15		Mat Fundamental / Essential			
9:30	Mat Fundamental / Essential			Pilates Matwork for Men	

All our classes last 1 hour / Effective date: 13 January 2025