



STELLENBOSCH CENTRAL WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15	Pilates Intermediate	MAP Movement Reformer Essential	Pilates Essential Reformer Essential	Pilates Intermediate	Reformer Essential
9:30		Reformer Essential	Reformer Essential	Reformer Intermediate	MAP Movement
10:30			Women Pilates Essential		
15:30	Pilates Essential		Pilates Essential		
16:30	Reformer Essential	Reformer Essential	Reformer Intermediate	Reformer Essential	

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