



## STELLENBOSCH CENTRAL WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00			Reformer Intermediate		Reformer Essential
8:15	Mat Intermediate	MAP Movement Reformer Essential	Mat Essential Reformer Essential	Mat Intermediate	Reformer Essential
9:30		Reformer Essential	Reformer Essential	Reformer Intermediate	MAP Movement
10:30			Women Mat Essential		
15:30	Mat Essential		Mat Essential		
16:30	Reformer Essential	Reformer Essential	Reformer Intermediate	Reformer Essential	

**All our classes last 1 hour / Effective date: 21 January 2025**