



STELLENBOSCH SQUARE WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45	Mat Intermediate		Reformer Intermediate	Mat Essential	Mat Intermediate	
7:00	Reformer Essential	Reformer Intermediate	Reformer Intermediate	Reformer Essential	Mat Essential	Reformer Intermediate
8:15	Mat Intermediate	MAP Movement	Reformer Essential	Reformer Intermediate	Mat Intermediate	Reformer Essential
9:30	MAP Movement			Mat Essential	MAP Movement	Mat HIIT
13:00				Reformer Fundamental		
16:00	Mat Essential		Mat Essential			
16:15		Reformer Essential				
17:15	Reformer Intermediate		Reformer Intermediate			
17:30		Mat Essential				

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