



## STELLENBOSCH SQUARE WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45	Mat Intermediate		Reformer Intermediate	Reformer Essential	Reformer Essential	
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		Reformer Fundamental		
15:00		Reformer Essential		Reformer Essential		
16:00	Mat Essential	Reformer Essential	Mat Essential	Reformer Essential		
17:15	Reformer Intermediate	Mat Essential	Reformer Intermediate	Mat Essential		

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