



STELLENBOSCH CENTRAL WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45	Mat Intermediate				
7:00	Reformer Intermediate	Mat Essential	Reformer Intermediate	Reformer Essential	Reformer Essential
8:15	Mat Intermediate Reformer Essential	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		
15:00			Mat TEEN Posture		
15:30	Mat Essential				
16:00			Mat Essential Reformer Essential		
16:30	Reformer Essential	Reformer Essential		Reformer Essential	
17:15			Reformer Intermediate		

All our classes last 1 hour / Effective date: 10 February 2025