



STELLENBOSCH SQUARE WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30			Reformer Intermediate		Mat Intermediate	
6:45					Reformer Intermediate	
7:00	Mat Essential	Reformer Intermediate	Reformer Intermediate	Reformer Essential		Reformer Intermediate
8:15	Reformer Essential	MAP Movement	Reformer Essential	Reformer Intermediate	Mat Intermediate	Reformer Essential
9:30	Reformer Intermediate			Mat Essential	MAP Movement	Mat HIIT
13:00		Reformer Fundamental		Reformer Fundamental		
16:00	Mat Essential					
16:15		Reformer Essential				
16:30				Mat HIIT		
17:15	Reformer Intermediate					
17:30		Mat Essential				

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