

DURBANVILLE WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
6:00			Reformer Essential	Jana			Reformer Intermediate	Suzette	Mat Intermediate	Rene
7:00	Reformer Intermediate	Lania	Mat Intermediate	Rene	Reformer Intermediate	Marelize	Reformer Intermediate	Suzette	Mat Essential	Rene
8:00	Mat All-Levels	Karmia	Mat Essential	Rene	Fascial Flow & Breathing	Marelize	Mat Essential	Rene	Mat Essential	Rene
	Reformer Intermediate	Birgit	Reformer Intermediate	Jana			Mat Intermediate	Jana		
9:00	Mat Essential	Karmia					Reformer Essential	Suzette	Reformer Intermediate	Suzette
	Reformer Essential	Birgit							Reformer Essential	Karmia
9:15			Mat Essential	Jana	Mat Essential	Marelize			Fascial Flow & Breathing	Suzette
			NEW Reformer Essential	Karmia	Reformer Essential	Lania				
10:00	Reformer Essential	Birgit					Senior Wellness (Chair)	Jana		
10:30			Senior Wellness (Chair)	Karmia						
11:00	NEW Mat Essential	Karmia					Mat Essential	Jana		
14:15			NEW Senior Wellness Matwork	Rene						
15:30			Mat Teens & Tweens	Jana			Reformer Essential	Jana		
16:30	Mat Fundamental	Rene	Mat Essential	Rene	Mat Essential	Lania	Mat Fundamental	Rene		
	Reformer Essential	Lania	Reformer Essential	Jana						
17:30	Mat Essential	Rene	Mat Intermediate	Jana	Mat Intermediate / Advanced	Lania	Mat Essential	Jana		
	Reformer Fundamental	Lania								
18:00			NEW Reformer All-Levels	Jesse			NEW Reformer All-Levels	Jesse		

All our classes last 1 hour / Effective date: 12 March 2025