

STELLENBOSCH CENTRAL WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
5:45	Mat Intermediate	Maretha								
7:00	Reformer Intermediate	Maretha	Mat Essential	Birgit	Reformer Intermediate	Birgit	Reformer Essential	Maretha	Reformer Essential	Birgit
8:15	Mat Intermediate	Suzette	Fascial Flow & Breathing	Maretha	Mat Essential	Maretha	Mat Intermediate	Maretha		
	Reformer Essential	Maretha	Reformer Essential	Birgit	Reformer Essential	Birgit			Reformer Essential	Birgit
9:30			Reformer Essential	Birgit	Reformer Essential	Maretha	Reformer Intermediate	Birgit	Fascial Flow & Breathing	Birgit
10:30					Women Mat Essential	Birgit				
15:00					Mat Teen Posture	Maretha				
15:30	Mat Essential	Birgit								
16:00					Mat Essential	Birgit				
					Reformer Intermediate	Maretha				
16:30	Reformer Essential	Birgit	Reformer Essential	Maretha			Reformer Essential	Birgit		
17:15					Reformer Intermediate	Birgit				

All our classes last 1 hour / Effective date: 14 March 2025