

## STELLENBOSCH SQUARE WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
5:30					Reformer Intermediate	Suzette			Mat Intermediate	Maretha		
6:45									Reformer Intermediate	Maretha		
7:00	Mat Essential	Inke			Reformer Intermediate	Suzette	Reformer Intermediate	Suzette	Reformer Essential	Lania		
8:15			Fascial Flow & Breathing	Suzette					Mat Intermediate	Maretha		
	Reformer Essential	Inke			Reformer Essential	Suzette	Reformer Intermediate	Lania				
9:30							Mat Essential	Lania	Fascial Flow & Breathing	Maretha		
	Reformer Intermediate	Inke										
13:00			Reformer Fund / Essential	Lania			Reformer Fund / Essential	Lania				
15:00			Reformer Essential	Lania								
16:00	Mat Essential	Maretha										
16:30			Mat HIIT	Lania								
17:15	Reformer Intermediate	Maretha										
17:45			Mat Essential	Lania								

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