

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	NEW LIVE: Fascial Flow & Breathing	Suzette	Mat Intermediate	Rene					Reformer Intermediate	Suzette
	Reformer Intermediate	Lania	Reformer Essential	Jana	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		
							Reformer Essential	Suzette	Reformer Intermediate	Suzette
9:00	Mat Essential	Karmia								
	Reformer Essential	Birgit					Reformer Essential	Jana	Reformer Essential	Karmia
9:15			Mat Essential	Jana	Mat Essential	Marelize			Fascial Flow & Breathing	Suzette
			Reformer Essential	Karmia	Reformer Essential	Lania				
10:00	Reformer Essential	Birgit					Senior Wellness (Chair)	Jana		
10:30			Senior Wellness (Chair)	Karmia						
11:00	Mat Essential	Karmia					Mat Essential	Jana		
14:15			Senior Wellness Matwork	Rene						
15:30			Mat Teens & Tweens	Jana						
16:30	Mat Fundamental	Rene	Mat Essential	Rene	Mat Essential	Lania	Mat Fundamental	Rene		
	Reformer Intermediate	Lania	Reformer Essential	Jana			Reformer Essential	Jana		
17:30	Mat Essential	Rene	Mat Intermediate	Jana	Mat Intermediate / Advanced	Lania	Mat Essential	Jana		
	Reformer Fund / Essential	Lania								
18:00							NEW LIVE: Mat All-Levels	Lania		
18:00			Reformer All-Levels	Jesse			Reformer All-Levels	Jesse		

All our classes last 1 hour / Effective date: 5 May 2025