

HERMANUS WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
6:30									Mat All-Levels	Annelize
07:00	<div style="background-color: #f00; color: white; padding: 2px; transform: rotate(-45deg); display: inline-block;">NEW</div> LIVE: Fascial Flow & Breathing Mat Intermediate	Suzette Annelize					Mat Intermediate	Annelize		
7:30					Mat Advanced	Annelize				
7:45									Mat Intermediate	Annelize
8:00			Mat Intermediate	Annelize						
8:15	Mat Fundamental / Essential	Annelize					Mat All-Levels	Annelize		
9:00									Mat Fundamental / Essential	Annelize
9:15			Mat Fundamental / Essential	Annelize						
9:30	Mat Fundamental	Annelize					Matwork for Men	Annelize		
17:15			Mat All-Levels	Katinka						
17:30							Mat All-Levels	Katinka		
18:00							<div style="background-color: #f00; color: white; padding: 2px; transform: rotate(-45deg); display: inline-block;">NEW</div> LIVE: Mat All-Levels	Lania		

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