

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			NEW Reformer Intermediate	Maretha		
6:45									Reformer Intermediate	Maretha		
7:00	NEW LIVE: Fascial Flow & Breathing	Suzette			Reformer Intermediate	Suzette	Reformer Essential	Lania			Reformer Intermediate	Lania
8:15	Reformer Essential	Inke	Fascial Flow & Breathing	Suzette			Reformer Intermediate	Lania	Mat Intermediate	Maretha	Reformer Essential	Lania
9:30	Reformer Intermediate	Inke			Reformer Essential	Suzette	Mat Essential	Lania	Fascial Flow & Breathing	Maretha	Mat HIIT	Lania
13:00			Reformer Essential	Lania			Reformer Essential	Lania				
16:15	Mat Essential	Maretha										
16:30			NEW Reformer Intermediate	Lania								
17:15	Reformer Intermediate	Maretha										
17:45			Mat Essential	Lania								
18:00							NEW LIVE: Mat All-Levels	Lania				

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