

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

All our classes last 1 hour / Effective date: 23 May 2025