

DURBANVILLE WEEKLY SCHEDULE

| TIME | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY: Fortnightly | | |
|-------|-----------------------|-----------|-------------------------|-----------|------------------------------|-----------|-----------------------|-----------|--------------------------|-----------|-----------------------|-----------------------|--------|
| | Class | Therapist | Class | Therapist | Class | Therapist | Class | Therapist | Class | Therapist | Class | Therapist | |
| 6:00 | | | Reformer Essential | Jana | | | Reformer Intermediate | Suzette | Mat Intermediate | Rene | | | |
| 7:00 | Reformer Intermediate | Lania | Mat Intermediate | Rene | LIVE: Mat All-Levels | Lania | | | Mat Essential | Rene | | | |
| 8:00 | Mat Intermediate | Karmia | Mat Essential | Rene | Fascial Flow & Breathing | Marelize | Mat Essential | Rene | Mat Essential | Rene | NEW | Mat All-Levels | Karmia |
| | Reformer Intermediate | Birgit | Reformer Intermediate | Jana | | | Mat Intermediate | Jana | | | | | |
| 9:00 | Mat Essential | Karmia | | | | | Reformer Intermediate | Suzette | Reformer Intermediate | Suzette | | | |
| | Reformer Essential | Birgit | | | | | | | | | NEW | Reformer Intermediate | Karmia |
| 9:15 | | | Mat Essential | Jana | Mat Essential / Intermediate | Marelize | | | Fascial Flow & Breathing | Suzette | | | |
| | | | | | Mat Fundamental | Rene | | | | | | | |
| 10:00 | Reformer Essential | Birgit | | | Reformer Essential | Lania | | | | | | | |
| 10:30 | | | Senior Wellness (Chair) | Karmia | | | Mat Essential | Jana | | | | | |
| 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 | | | | | |
| 18:00 | | | Reformer Intermediate | Jesse | | | Reformer Intermediate | Jesse | | | | | |

All our classes last 1 hour / Effective date: 10 July 2025