

STELLENBOSCH SQUARE WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
5:45	<div>NEW</div> Reformer Essential	Carly	<div>NEW</div> Reformer Essential	Carly						
7:00	<div>NEW</div> Reformer Intermediate	Carly	Reformer Intermediate	Suzette	Reformer Intermediate	Suzette	Reformer Intermediate	Lania	Fascial Flow & Breathing	Maretha
8:15	Reformer Essential	Inke	Fascial Flow & Breathing	Suzette	Reformer Essential	Suzette	Reformer Intermediate	Lania	Reformer Intermediate	Maretha
9:30	Reformer Intermediate	Inke			Reformer Essential	Suzette	Mat Essential	Lania	Reformer Essential	Maretha
11:00							<div>NEW</div> Post Natal Class: All Levels	Lania		
13:00	<div>NEW</div> Reformer All-Levels	Carly	Reformer Essential	Lania						
16:30			Reformer Intermediate	Lania						
17:30	<div>NEW</div> Reformer Essential	Carly								
17:45			Mat Essential	Lania						

All our classes last 1 hour / Effective date: 4 August 2025