

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 EssentialJana				Reformer IntermediateSuzette	Mat IntermediateRene			
7:00			Mat IntermediateRene						Mat EssentialRene			
	Reformer IntermediateLania		Reformer EssentialJana		Reformer IntermediateMarelize		Reformer IntermediateSuzette		Reformer IntermediateSuzette			
8:00			Mat EssentialRene		Fascial Flow & BreathingMarelize		Mat EssentialRene		Mat EssentialRene		NEW	Mat All-LevelsKarmia
							Mat IntermediateJana					
	Reformer IntermediateBirgit		Reformer IntermediateJana				Reformer IntermediateSuzette		Reformer IntermediateSuzette			
9:00	Mat EssentialKarmia											
	Reformer EssentialBirgit						Reformer EssentialJana		Reformer EssentialKarmia		NEW	Reformer IntermediateKarmia
9:15			NEW	Mat EssentialJana	Mat Essential / IntermediateMarelize				Fascial Flow & BreathingSuzette			
				Mat EssentialKarmia	Mat FundamentalRene							
					Reformer EssentialLania							
10:00							Mat EssentialJana					
	Reformer EssentialBirgit											
11:00	NEW	Senior Wellness (Chair)Karmia					Mat EssentialJana					
11:30					Post Natal Class: All LevelsRene							
14:15			Senior Wellness MatworkRene									
15:30			Mat Teens & TweensJana									
							Reformer EssentialJana					
16:30	Mat FundamentalRene		Mat EssentialRene		Mat EssentialLania		Mat FundamentalRene					
	Reformer IntermediateLania		Reformer EssentialJana									
17:30	Mat EssentialRene		Mat IntermediateJana		Mat Intermediate / AdvancedLania		Mat EssentialJana					
18:00			Reformer IntermediateJesse				Reformer IntermediateJesse					

All our classes last 1 hour / Effective date: 18 August 2025