

STELLENBOSCH CENTRAL WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
7:00	<div>Reformer Intermediate</div> Maretha		<div>Mat Essential</div>	Birgit	<div>Reformer Intermediate</div> Birgit		<div>Reformer Essential</div> Maretha		<div>Reformer Essential</div> Birgit	
8:15	<div>Mat Intermediate</div> Suzette		<div>Fascial Flow & Breathing</div> Maretha		<div>Mat Essential</div> Maretha		<div>Mat Intermediate</div> Maretha		<div>Reformer Essential</div> Birgit	
	<div>Reformer Essential</div> Maretha		<div>NEW</div> <div>Reformer Intermediate</div> Birgit		<div>Reformer Essential</div> Birgit					
9:30					<div>NEW</div> <div>Mat Essential</div> Birgit		<div>Reformer Intermediate</div> Maretha		<div>Fascial Flow & Breathing</div> Birgit	
					<div>Reformer Essential</div> Maretha					
12:00	<div>NEW</div> <div>Spinal Care Mat</div> Maretha									
12:30							<div>NEW</div> <div>Spinal Care Reformer</div> Maretha			
15:30	<div>Mat Essential</div> Birgit									
16:00					<div>Mat Essential</div> Birgit					
					<div>Reformer Intermediate</div> Maretha					
16:30	<div>Reformer Essential</div> Birgit		<div>Reformer Essential</div> Maretha				<div>Reformer Essential</div> Birgit			
17:15					<div>Reformer Intermediate</div> Birgit					

All our classes last 1 hour / Effective date: 14 August 2025