



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	Reformer Intermediate	Marelize	Reformer Intermediate	Suzette	Mat Essential	Rene		
8:00	Reformer Intermediate	Birgit	Mat Essential	Rene	Fascial Flow & Breathing	Marelize	Mat Essential	Rene	Mat Essential	Rene	Mat All-Levels	Karmia
9:00	Reformer Essential	Birgit	Reformer Intermediate	Jana			Reformer Intermediate	Suzette	Reformer Intermediate	Suzette		
9:15			Reformer Essential	Birgit			Reformer Essential	Jana	Reformer Intermediate	Karmia	Reformer Intermediate	Karmia
10:00	Reformer Essential	Birgit	Mat Essential	Jana	Mat Essential / Intermediate	Marelize	Mat Essential	Jana	Fascial Flow & Breathing	Suzette		
11:00	Senior Wellness (Chair)	Karmia	Mat Essential	Karmia	Mat Fundamental	Rene						
14:15			Reformer Essential	Lania	Reformer Essential	Lania						
15:30												
16:30	Mat Fundamental	Rene	Senior Wellness Matwork	Rene			Mat Fundamental	Rene				
17:30	Reformer Intermediate	Lania	Mat Teens & Tweens	Jana								
18:00	Mat Essential	Rene	Mat Essential	Rene	Mat Essential	Lania	Mat Essential	Jana				
			Reformer Essential	Jana	Mat Intermediate / Advanced	Lania	Reformer Intermediate	Jesse				
			Mat Intermediate	Jana								
			Reformer Intermediate	Jesse								

All our classes last 1 hour / Effective date: 15 September 2025