



HERMANUS WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
6:30									Mat All-Levels	Annelize
07:00	Mat Intermediate	Annelize					Mat Intermediate	Annelize		
7:30					Mat Advanced	Annelize				
7:45									Mat Intermediate	Annelize
8:00			Mat Intermediate	Annelize						
8:15	Mat Fundamental / Essential	Annelize					Mat Fundamental / Essential	Annelize		
9:00									Mat Fundamental / Essential	Annelize
9:15			Mat Fundamental / Essential	Annelize						
9:30	Mat Fundamental	Annelize					Mat All-Levels	Annelize		
15:30					Mat Fundamental	Annelize				
17:15			Mat All-Levels	Eden						

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