



STELLENBOSCH SQUARE WEEKLY SCHEDULE

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

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