



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		
									Reformer Intermediate	Suzette		
7:00	Reformer Intermediate	Lania	Mat Intermediate	Rene					Mat Essential	Rene		
			Reformer Essential	Jana	Reformer Intermediate	Lania	Reformer Intermediate	Suzette	Reformer Intermediate	Suzette		
8:00			Mat Essential	Rene	Fascial Flow & Breathing	Karmia	Mat Essential	Rene	Mat Essential	Rene	Mat All-Levels	Karmia
							Mat Intermediate	Jana				
	Reformer Intermediate	Birgit	Reformer Intermediate	Jana			Reformer Intermediate	Suzette	Reformer Intermediate	Suzette		
9:00	Mat Essential	Karmia										
	Reformer Essential	Birgit					Reformer Essential	Jana	Reformer Intermediate	Karmia	Reformer Intermediate	Karmia
9:15			Mat Essential	Jana	Mat Essential / Intermediate	Karmia			Fascial Flow & Breathing	Suzette		
			Mat Essential	Karmia	Mat Fundamental	Rene						
					Reformer Essential	Lania						
10:00							Mat Essential	Jana				
	Reformer Essential	Birgit										
11:00	Senior Wellness (Chair)	Karmia					Mat Essential	Jana				
14:15			Senior Wellness Matwork	Rene								
15:30			Mat Teens & Tweens	Jana								
16:30	Mat Fundamental	Rene	Mat Essential	Rene	Mat Essential	Lania	Mat Fundamental	Rene				
			Reformer Essential	Jana								
16:45	Reformer Intermediate	Lania										
17:30	Mat Essential	Rene	Mat Intermediate	Jana	Mat Intermediate / Advanced	Lania	Mat Essential	Jana				
18:00			Reformer Intermediate	Jesse								

All our classes last 1 hour / Effective date: 2 October 2025