



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 Intermediate | Suzette   | Reformer Intermediate        | Lania     |        | Reformer Intermediate | Maretha |
| 9:30  |        |           |                          |           |                       |           | Mat Essential                | Lania     |        |                       |         |
|       |        |           | Reformer Essential       | Suzette   | Reformer Essential    | Suzette   |                              |           |        | Reformer Essential    | Maretha |
| 11:00 |        |           |                          |           |                       |           | Post Natal Class: All Levels | Lania     |        |                       |         |
|       |        |           |                          |           |                       |           |                              |           |        |                       |         |
| 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: 1 October 2025