



DURBANVILLE WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
6:00									Mat Intermediate	Rene
			Reformer Essential	Jana			Reformer Intermediate	Suzette	Reformer Intermediate	Suzette
7:00			Mat Intermediate	Rene					Mat Essential	Rene
	Reformer Intermediate	Lania	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
	Reformer Intermediate	Birgit	Reformer Intermediate	Jana			Mat Fundamental	Jana		
							Reformer Intermediate	Suzette	Reformer Intermediate	Suzette
9:00	Mat Essential	Karmia								
	Reformer Essential	Birgit					Reformer Essential	Jana	Reformer Intermediate	Karmia
9:15			Mat Essential	Jana	Mat Fundamental / Essential	Rene			Fascial Flow & Breathing	Suzette
			Mat Essential	Karmia						
					Reformer Essential	Lania				
10:00							Mat Essential	Jana		
	Reformer Essential	Birgit								
11:00	Senior Wellness (Chair)	Karmia								
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			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: 12 January 2026