



STELLENBOSCH CENTRAL WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
5:45	NEW Fascial Flow & Breathing	Maretha								
7:00			Mat Essential	Birgit						
	Reformer Intermediate	Maretha	Reformer Intermediate	Maretha	Reformer Intermediate	Birgit	Reformer Essential	Maretha	Reformer Essential	Birgit
8:00	Mat Intermediate	Suzette								
8:15			Fascial Flow & Breathing	Maretha	Mat Essential	Maretha	Mat Intermediate	Maretha		
	Reformer Essential	Maretha	Reformer Intermediate	Birgit	Reformer Essential	Birgit	Reformer Essential	Birgit	Reformer Essential	Birgit
9:30					Mat Essential	Birgit			Fascial Flow & Breathing	Birgit
			Reformer Essential	Birgit	Reformer Essential	Maretha	Reformer Intermediate	Maretha		
12:00	Spinal Care Mat	Maretha								
12:30							Spinal Care Reformer	Maretha		
15:30	Mat Essential	Birgit								
16:00					Mat Essential	Birgit				
					Reformer Intermediate	Maretha				
16:30	Reformer Essential	Birgit	Reformer Essential	Maretha			Reformer Essential	Birgit		
17:15					Reformer Intermediate	Birgit				

All our classes last 1 hour / Effective date: 12 January 2026