



HERMANUS WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
06:30									Mat All-Levels	Annelize
07:00	Mat Intermediate	Annelize					Mat Intermediate	Annelize		
07:30					Mat Advanced	Annelize				
07:45									Mat Intermediate	Annelize
08:00			Mat Intermediate	Annelize						
08:15	Mat Fundamental / Essential	Annelize					Mat Fundamental / Essential	Annelize		
09:00									Mat Fundamental / Essential	Annelize
09:15			Mat Fundamental / Essential	Annelize						
09:30	Mat Fundamental	Annelize					Mat All-Levels	Annelize		
10:15					NEW Mat All-Levels	Milena				
10:30			NEW Mat All-Levels	Milena						
17:15			Mat All-Levels	Eden						

All our classes last 1 hour / Effective date: 13 January 2026