



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	Reformer All-Levels	Maretha
8:15			Fascial Flow & Breathing	Suzette						
9:30			Reformer Essential	Suzette	Reformer Essential	Suzette	Mat Essential	Lania	Reformer Essential	Maretha
11:00										
13:00			Reformer Essential	Lania						
16:30			Reformer Intermediate	Lania						
17:45			Mat Essential	Lania						

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