



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						
					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										
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