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## DURBANVILLE WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
6:00			Reformer Essential				Reformer Intermediate		Mat Intermediate	
7:00			Mat Intermediate				Reformer Intermediate		Reformer Intermediate	
8:00	Reformer Intermediate		Reformer Essential		Reformer Intermediate		Reformer Intermediate		Mat Essential	
9:00	Reformer Intermediate		Reformer Intermediate				Reformer Intermediate		Reformer Intermediate	
9:15	Mat Essential		Mat Essential		Mat Fundamental / Essential		Reformer Essential		Fascial Flow & Breathing	
10:00	Reformer Essential		Mat Essential		Reformer Essential		Mat Essential			
11:00	Senior Wellness (Chair)									
14:15			Senior Wellness Matwork							
15:30			Mat Teens & Tweens							
16:30	Mat Fundamental		Mat Essential		Mat Essential		Mat Fundamental			
16:45	Reformer Intermediate		Reformer Essential				Reformer Essential			
17:30	Mat Essential		Mat Intermediate		Mat Intermediate / Advanced		Mat Essential			
18:00			Reformer Intermediate							

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