

[CLICK HERE to try a class or a private session?](#)

HERMANUS WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
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 Essential	Annelize					Mat Essential	Annelize		
09:00									Mat Essential	Annelize
09:15			Mat Fundamental / Essential	Annelize						
09:30	Mat Fundamental	Annelize					Matwork for Men	Annelize		
10:15					Mat All-Levels	Milena			Mat All-Levels	Milena
10:30			Mat All-Levels	Milena						
17:45			Mat All-Levels	Eden						

All our classes last 1 hour / Effective date: 2 March 2026