

CLICK HERE to try a class or a private session?

STELLENBOSCH CENTRAL WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
7:00	NEW Mat All-Levels	Birgit	Mat Essential	Birgit						
	Reformer Intermediate	Suzette	Reformer Intermediate	Maretha	Reformer Intermediate	Birgit	Reformer Essential	Maretha	Reformer Essential	Birgit
8:15	Mat Intermediate	Suzette	Fascial Flow & Breathing	Maretha	Mat Essential	Maretha	Mat Intermediate	Maretha		
	Reformer Essential	Birgit	Reformer Intermediate	Birgit	Reformer Essential	Birgit	Reformer Essential	Birgit	Reformer Essential	Birgit
9:30	NEW Reformer All-Levels	Birgit	Reformer Essential	Birgit	Mat Essential	Birgit			Fascial Flow & Breathing	Birgit
					Reformer Essential	Maretha	NEW Reformer Intermediate	Maretha		
12:30							NEW Reformer All-Levels	Maretha		
15:30	Mat Essential	Birgit								
16:00					Mat Essential	Birgit				
					Reformer Intermediate	Maretha				
16:30	Reformer Essential	Birgit	Reformer Essential	Maretha			Reformer Essential	Birgit		
17:15					Reformer Intermediate	Birgit				

All our classes last 1 hour / Effective date: 7 April 2026
 Booking essential: Mat Groups max 11, Reformer Groups max 10 per slot.