

CLICK HERE to try a class or a private session?

DURBANVILLE WEEKLY SCHEDULE

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

All our classes last 1 hour / Effective date: 7 April 2026
 Booking essential: Mat Groups max 14, Reformer Groups max 5 per slot.