

CLICK HERE to try a class or a private session?

STELLENBOSCH SQUARE WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
7:00	NEW Reformer Intermediate	Maretha	Reformer Intermediate	Suzette	Reformer Intermediate	Suzette	Reformer Intermediate	Lania	Reformer All-Levels	Maretha
8:15	NEW Reformer All-Levels	Maretha	Fascial Flow & Breathing	Suzette	Reformer Intermediate	Suzette	Reformer Intermediate	Lania	Reformer Intermediate	Maretha
9:30	NEW Reformer Essential	Maretha	Reformer Essential	Suzette	Reformer Essential	Suzette	Mat Essential	Lania	Reformer Essential	Maretha
13:00			Reformer Essential	Lania						
16:30			Reformer Intermediate	Lania						
17:45			Mat Essential	Lania						

All our classes last 1 hour / Effective date: 7 April 2026
Booking essential: Mat Groups max 8, Reformer Groups max 9 per slot.