

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
5:45							NEW Reformer Essential	Maretha		
7:00	Reformer Intermediate	Birgit	Mat Essential	Birgit	Reformer Intermediate	Birgit	Reformer Essential	Maretha	Reformer Essential	Birgit
8:15	Mat Intermediate	Birgit	Reformer Intermediate	Birgit	Reformer Essential	Birgit	Mat Intermediate	Maretha	Reformer Essential	Birgit
9:30	NEW Reformer All-Levels	Birgit	Reformer Essential	Birgit	Mat Essential	Birgit	Reformer Intermediate	Maretha	Fascial Flow & Breathing	Birgit
12:30							Reformer All-Levels	Maretha		
13:00			NEW Mat Essential	Lente			NEW Yoga Intermediate	Lente		
15:30	Mat Essential	Birgit								
16:00					Mat Essential	Birgit				
16:30	Reformer Essential	Birgit	Reformer Essential	Maretha	Reformer Intermediate	Maretha	Reformer Essential	Birgit		
17:15					Reformer Intermediate	Birgit				
17:30	NEW Mat Essential	Lente	NEW Yoga Intermediate	Lente	NEW Mat Intermediate	Lente	NEW Yoga Essential	Lente		

All our classes last 1 hour / Effective date: 18 May 2026
 Booking essential: Mat Groups max 11, Reformer Groups max 10 per slot.