

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	Rene					Mat Intermediate	Rene
			Reformer Essential	Jana			Reformer Intermediate	Jana	Reformer Intermediate	Lania
7:00			Mat Intermediate	Rene					Mat Essential	Rene
	Reformer Intermediate	Lania	Reformer Essential	Jana	Reformer Intermediate	Lania	Reformer Intermediate	Jana	Reformer Intermediate	Lania
8:00			Mat Essential	Rene	NEW Mat Essential	Lania	Mat Essential	Jana	Mat Essential	Rene
	Reformer Intermediate	Lania	Reformer Intermediate	Jana			Reformer Intermediate	Karmia	Reformer Intermediate	Karmia
9:15	Mat Essential	Karmia	Mat Essential	Jana	Mat Fundamental / Essential	Rene	Mat Essential	Karmia	Fascial Flow & Breathing	Rene
	Reformer Essential	Lania	Mat Essential	Karmia			Reformer Essential	Jana	Reformer Essential	Karmia
10:15							Mat Essential	Jana		
	Reformer Essential	Lania								
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	Rene			Mat Fundamental / Essential	Rene		
			Reformer Essential	Jana	Reformer Intermediate	Lania	Reformer Essential	Jana		
16:45	Reformer Intermediate	Lania								
17:30	Mat Essential	Rene	Mat Intermediate	Jana	Mat Intermediate / Advanced	Lania	Mat Essential	Jana		

All our classes last 1 hour / Effective date: 18 May 2026
 Booking essential: Mat Groups max 14, Reformer Groups max 5 per slot.