

CLICK HERE to try a class or a private session?

## HERMANUS WEEKLY SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist	Class	Therapist
06:30									Mat Intermediate	Inge
06:45			<b>NEW</b> Mat All-Levels	Milena						
07:00	Mat Intermediate	Annelize					Mat Intermediate	Annelize		
07:30					Mat Advanced	Annelize				
07:45									Mat Intermediate	Annelize
08:00			Mat Intermediate	Annelize						
08:15	Mat Essential	Annelize					Mat Essential	Annelize		
09:00									Mat Essential	Annelize
09:15			Mat Essential	Annelize						
09:30	Mat Fundamental	Annelize					Matwork for Men	Annelize		
10:15					<b>NEW</b> Mat All-Levels	Milena			Mat All-Levels	Milena
10:30			<b>NEW</b> Mat All-Levels	Milena						
11:30									<b>NEW</b> Mat Fundamental / Essential	Inge
12:00							Mat Fundamental	Annelize		
17:00							<b>NEW</b> Mat All-Levels	Inge		
17:15			Mat All-Levels	Eden						

Class duration: 1 hour / Booking closes 60min prior to class / **Effective date:** 18 May 2026