

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	Reformer Intermediate	Maretha	Reformer Intermediate	Maretha	Reformer Intermediate	Maretha	Reformer Intermediate	Lania	Reformer All-Levels	Maretha
8:15			Fascial Flow & Breathing	Maretha						
	Reformer All-Levels	Maretha			Reformer Intermediate	Maretha	Reformer Intermediate	Lania	Reformer Intermediate	Maretha
9:30							Mat Essential	Lania		
	Reformer Essential	Maretha	Reformer Essential	Maretha	Reformer Essential	Maretha			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:** 18 May 2026  
**Booking essential:** Mat Groups max 8, Reformer Groups max 9 per slot.