

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							Reformer Flow	Maretha		
7:00	Reformer Strength	Suzette	Mat Strength	Rosanne	Reformer Flow	Maretha	Reformer Flow	Maretha	Reformer Flow	Rosanne
8:15	Mat Strength	Suzette	Reformer Strength	Maretha	Reformer Flow	Maretha	Mat Strength	Maretha	Reformer Flow	Rosanne
9:30	Reformer Flow	Rosanne	Reformer Flow	Maretha	Mat Flow	Maretha			Mat Flow	Rosanne
13:00			Mat Strength	Lente			Mat Flow	Lente		
15:30	Mat Strength	Rosanne								
16:30	Reformer Flow	Rosanne	Reformer Flow	Maretha	Mat Flow	Maretha	Reformer Flow	Maretha		
17:30	Mat Flow	Lente			Reformer Strength	Maretha				

All our classes last 1 hour / Effective date: 17 June 2026

Booking essential: Mat Groups max 11, Reformer Groups max 10 per slot. Cancellation threshold: 5:45, 7:00 and 8:15 Reformer classes = 12 hours all other Reformer = 6 hours; Mat classes = 30min