

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 Strength	Maretha	Reformer Strength	Suzette	Reformer Strength	Suzette	Reformer Strength	Lania	Reformer Flow	Maretha
8:15	Reformer Flow	Maretha	Mat Flow	Suzette	Reformer Strength	Suzette	Reformer Strength	Lania	Reformer Strength	Maretha
9:30	Reformer Flow	Maretha	Reformer Flow	Suzette	Reformer Flow	Suzette	Mat Flow	Lania	Reformer Flow	Maretha
16:30			Reformer Strength	Rosanne						
17:45			Mat Flow	Rosanne						

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

Booking essential: Mat Groups max 8, Reformer Groups max 9 per slot. **Cancellation threshold:** 7:00 and 8:15 Reformer classes = 12 hours all other Reformer = 6 hours; Mat classes = 30min