



STELLENBOSCH WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45	Mat Intermediate		Mat Intermediate		
7:00	Reformer Essential	Reformer Intermediate	Reformer Intermediate	Reformer Essential	
8:15	Mat Intermediate	Reformer Essential Mat Essential	Reformer Intermediate Mat Fundamental	Mat Intermediate	Reformer Essential
9:30			Reformer Essential	Reformer Essential	Mat Essential
10:00				Mat Fundamental	
10:30			Women Mat Essential		
13:00	Reformer Essential				
15:00		Mat Intermediate			
15:30	Reformer Essential				
16:00			Mat Essential		
16:30				Reformer Essential	
17:15			Reformer Intermediate		
17:30				Mat Essential	

All classes are 60 minutes