



DURBANVILLE WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00		Reformer Essential		Reformer Intermediate	Reformer Intermediate Mat Intermediate
7:00	Reformer Intermediate	Reformer Essential ----- Mat Intermediate	Reformer Essential	Reformer Intermediate	Mat Essential ----- Reformer Intermediate
8:00	Reformer Essential	Reformer Intermediate ----- Mat Intermediate	MAP Movement	Reformer Intermediate Mat Essential Mat Intermediate	Reformer Intermediate
9:00	Mat Intermediate			Reformer Essential	Reformer Essential
09:15		Mat Essential	Reformer Essential ----- Mat Essential		MAP Movement
10:00	Reformer Essential			Senior Wellness	
11:00				Mat Essential	
15:30		Mat Teen & Tweens		Reformer Essential	
16:30	Reformer Essential ----- Mat Fundamental	Reformer Essential ----- Mat Fundamental	Mat Essential	Reformer Intermediate ----- Mat Fundamental	
17:30	Mat Essential	Mat Intermediate	Mat Intermediate	Mat Essential	

All classes are 60 minutes