

GROUP TIMETABLE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 08:00 Pilates Mat	07:00 – 08:00 Pilates Mat	07:00 – 08:00 Pilates Mat	07:00 – 08:00 Pilates Mat			
07:00 – 08:00 BootyBarre	07:30 – 08:15 Rebounding			07:30 – 08:30 BootyBarre		
	08:05 – 09:00 Pilates Mat	08:05 – 09:00 Pilates Mat	08:05 – 09:00 Pilates Mat		Aerial Yoga Call to book: +264 81 813 7205	
		15:30 – 16:15 Rebounding				
			16:15 – 17:15 Pilates Mat			
17:15 – 18:15 Pilates Mat	17:15 – 18:15 Pilates Mat	17:15 – 18:15 Pilates Mat	17:30 – 18:30 Pilates Mat			
17:15 – 18:15 BootyBarre						
	18:15 – 19:15 Men Pilates Mat		18:15 – 19:15 Men Pilates Mat			