

February

2025

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 3pm HIIT 4.30pm Core B4 Strength	4 4.30pm Core B4 Cardio	5 10.30am Core B4 Flexibility	6	7 11am Step n Strength	8
9	10 3pm HIIT 4.30pm Core B4 Cardio	11 4.30pm Core B4 Flexibility	12 10.30am Core B4 Strength	13	14 11am Step n Strength	15
16	17 3pm HIIT 4.30pm Core B4 Flexibility	18 4.30pm Core B4 Strength	19 10.30am Core B4 Cardio	20	21 11am Step n Strength	22
23	24 3pm HIIT 4.30pm Core B4 Strength	25 4.30pm Core B4 Cardio	26 10.30am Core B4 Flexibility	27	28 11am Step n Strength	