

# September

2025

## Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3pm HIIT 4.30pm Core B4 Strength	2 4.30pm Core B4 Cardio	3 4.30pm Core B4 Flexibility	4	5	6
7	8 3pm HIIT 4.30pm Core B4 Cardio	9 4.30pm Core B4 Flexibility	10	11	12	13
14	15 3pm HIIT 4.30pm Core B4 Flexibility	16 4.30pm Core B4 Strength	17 4.30pm Core B4 Cardio	18	19	20 8.30am Step n Strength 90
21	22 3pm HIIT 4.30pm Core B4 Strength	23 4.30pm Core B4 Cardio	24 Heritage Day	25	26	27 8.30am Step n Strength 90
28	29 3pm HIIT 4.30pm Core B4 Cardio	30 4.30pm Core B4 Flexibility	1 4.30pm Core B4 Strength	2	3	4

**Booking & Cancellation Policy:** Classes are bookable 3 weeks in advance through the **mindbody app**. Online booking closes 12 hours before the class is scheduled to start, after which we ask that you contact the Studio directly to book your place.

Movéo Fitness has implemented a 12-hour cancellation policy. To avoid incurring any late cancellation charges, we ask that you please cancel a booked class with at least 12 hours to spare. This includes any waitlists that you may have joined and are no longer able to make.

If the class you've set your heart on is full, join the waitlist as spaces often become available. Up until 12 hours before class you will be added automatically should a space open up. After 12 hours and up to 30 minutes before class, you will receive an SMS inviting you to book in. **Please note that late cancellation charges will apply during this time.**

Movéo Fitness reserves the right to update these terms and conditions at any time.

# October

# 2025

## Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4.30pm Core B4 Strength	2 9am – 11am The HIIT Workout Workshop	3	4 8.30am Step n Strength 90
5	6 3pm HIIT 4.30pm Core B4 Flexibility	7 4.30pm Core B4 Strength	8 4.30pm Core B4 Cardio	9	10	11 8.30am Step n Strength 90
12	13 3pm HIIT 4.30pm Core B4 Strength	14 4.30pm Core B4 Cardio	15 4.30pm Core B4 Flexibility	16 9am – 12noon The Home Workout Workshop	17	18 8.30am Step n Strength 90
19	20 3pm HIIT 4.30pm Core B4 Cardio	21 4.30pm Core B4 Flexibility	22 4.30pm Core B4 Strength	23	24	25 8.30am Step n Strength 90
26	27 3pm HIIT 4.30pm Core B4 Flexibility	28 4.30pm Core B4 Strength	29 4.30pm Core B4 Cardio	30	31	

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# November

2025

## Class schedule

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						1 8.30am Step n Strength 90
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 3pm HIIT 4.30pm Core B4 Flexibility	18 4.30pm Core B4 Strength	19 4.30pm Core B4 Cardio	20	21	22 8.30am Step n Strength 90
23	24 3pm HIIT 4.30pm Core B4 Strength	25 4.30pm Core B4 Cardio	26 4.30pm Core B4 Flexibility	27	28	29 8.30am Step n Strength 90

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