

November

2025

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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	27	28	29 8.30am Step n Strength 90

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.

December

2025

Class schedule

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

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