

# January

2026

## Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
									1		2		3
4		5		6		7		8		9		10	
	<b>4.30pm</b> <b>HIIT</b>		<b>4.30pm</b> <b>Foundation Fitness</b>										
11		12		13		14		15		16		17	
	<b>4.30pm</b> <b>HIIT</b>		<b>4.30pm</b> <b>Foundation Fitness</b>										
18		19		20		21		22		23		24	
	<b>4.30pm</b> <b>HIIT</b>		<b>4.30pm</b> <b>Foundation Fitness</b>										
25		26		27		28		29		30		31	
	<b>4.30pm</b> <b>HIIT</b>		<b>4.30pm</b> <b>Foundation Fitness</b>										

**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.

# February

2026

## Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<b>4.30pm</b> <b>HIIT</b>	<b>4.30pm</b> <b>Foundation Fitness</b>				<b>8.30am</b> <b>Step n Strength 90</b>
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	<b>4.30pm</b> <b>HIIT</b>	<b>4.30pm</b> <b>Foundation Fitness</b>				<b>8.30am</b> <b>Step n Strength 90</b>
22	23	24	25	26	27	28
	<b>4.30pm</b> <b>HIIT</b>	<b>4.30pm</b> <b>Foundation Fitness</b>				

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# March

2026

## Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5		6		7	
8		9		10		11		12		13		14	<b>8.30am Step n Strength 90</b>
15		16		17		18		19		20		21	<b>Human Rights Day</b>
22		23		24		25		26		27		28	<b>8.30am Step n Strength 90</b>
29		30		31									

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