

January

2026

Class schedule				Movéo Fitness Studio, Constantia, Cape Town		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 8.30am Step n Strength 90
4	5 4.30pm HIIT	6 4.30pm Foundation Fitness	7	8	9	10 8.30am Step n Strength 90
11	12 4.30pm HIIT	13 4.30pm Foundation Fitness	14	15	16	17 8.30am Step n Strength 90
18	19 4.30pm HIIT	20 4.30pm Foundation Fitness	21	22	23	24 8.30am Step n Strength 90
25	26 4.30pm HIIT	27 4.30pm Foundation Fitness	28	29	30	31 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.

February

2026

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

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

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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 8.30am Step n Strength 90
15	16 4.30pm HIIT	17 4.30pm Foundation Fitness	18	19	20	21 Human Rights Day
22	23 4.30pm HIIT	24 4.30pm Foundation Fitness	25	26 9am The HIIT Workout Workshop (2hrs)	27	28 8.30am Step n Strength 90
29	30 4.30pm HIIT	31 4.30pm Foundation Fitness				

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