

March/April

2026

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 4.30pm HIIT	31 4.30pm Foundation Fitness	1	2	3 Good Friday	4 8.30am Step n Strength 90
5	6 Family Day	7 4.30pm Foundation Fitness	8	9	10	11 8.30am Step n Strength 90
12	13 4.30pm HIIT	14 4.30pm Foundation Fitness	15	16	17	18 8.30am Step n Strength 90
19	20 4.30pm HIIT	21 4.30pm Foundation Fitness	22	23 9am The HIIT Workout Workshop (2hrs)	24	25 8.30am Step n Strength 90
26	27 Freedom Day	28 4.30pm Foundation Fitness	29	30		

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.

May

2026

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Workers' Day	2 8.30am Step n Strength 90
3	4 4.30pm HIIT	5 4.30pm Foundation Fitness	6	7	8	9 8.30am Step n Strength 90
10	11	12 4.30pm Foundation Fitness	13	14	15	16 8.30am Step n Strength 90
17	18 4.30pm HIIT	19 4.30pm Foundation Fitness	20	21	22	23 8.30am Step n Strength 90
24	25 4.30pm HIIT	26 4.30pm Foundation Fitness	27	28 9am The Home Workout Workshop (3hrs)	29	30 8.30am Step n Strength 90

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June

2026

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

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

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