

July

2026

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 8.30am Step n Strength 90
5	6 4.30pm HIIT	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	24	25
26	27 4.30pm HIIT	28 4.30pm Foundation Fitness	29	30	31	1 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.

August

2026

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 4.30pm HIIT	4 4.30pm Foundation Fitness	5	6	7	8 8.30am Step n Strength 90
9 Women's Day	10 Women's Day observed 4.30pm HIIT	11 4.30pm Foundation Fitness	12	13	14	15 8.30am Step n Strength 90
16	17 4.30pm HIIT	18 4.30pm Foundation Fitness	19	20	21	22 8.30am Step n Strength 90
23	24 4.30pm HIIT	25 4.30pm Foundation Fitness	26	27	28	29 8.30am Step n Strength 90
30	31 4.30pm HIIT					

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.

September

2026

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

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