

October

2026

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Workers' Day	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
18	19	20	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.

November

2026

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

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

December

2026

Class schedule

Movéo Fitness Studio, Constantia, Cape Town

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

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.