



indiehot

Scheduled Class Timetable April 2024

- Hatha Yoga
- Hot Vinyasa Flow Yoga
- Hot 26 (Bikram Yoga)
- Restorative Yoga
- Yoga Embodiment
- Power Flow Yoga
- Kundalini Yoga
- Ashtanga Yoga
- Vin2Yin Yoga
- Yin Yoga

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7	
Family Day							
<ul style="list-style-type: none"> 09h00 Mandla (90') 17h00 Mich (90') 	<ul style="list-style-type: none"> 06h15 Nozi (60') 09h00 Pebetsi (90') 17h00 Kelly (90') 18h45 Danette (75') 	<ul style="list-style-type: none"> 06h15 Pebetsi (70') 09h00 Tammi (70') 18h45 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 17h00 Mich (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Pebetsi (70') 09h00 Sean B (90') 	<ul style="list-style-type: none"> 07h00 Ross (90') 09h00 Mandla (90') 10h45 Tammi (70') 	<ul style="list-style-type: none"> 07h00 Ute (90') 09h00 Cecile (90') 15h30 IHY (90') 	
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Mich (90') 18h45 Kerry (70') 	<ul style="list-style-type: none"> 06h15 Sean B (60') 09h00 Pebetsi (90') 17h00 Tawana (90') 18h45 Danette (75') 	<ul style="list-style-type: none"> 06h15 Pebetsi (70') 09h00 Tammi (70') 17h00 Danette (90') 18h45 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 17h00 Mich (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Ross (70') 09h00 Sean B (90') 	<ul style="list-style-type: none"> 07h00 Pebetsi (90') 09h00 Tawana (90') 10h45 Marishka (70') 	<ul style="list-style-type: none"> 07h00 Ute (90') 09h00 Mich (90') 15h30 Lee (90') 	
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Mich (90') 18h45 Kerry (70') 	<ul style="list-style-type: none"> 06h15 Sean B (60') 09h00 Pebetsi (90') 17h00 Tawana (90') 18h45 Danette (75') 	<ul style="list-style-type: none"> 06h15 Pebetsi (70') 09h00 Tammi (70') 17h00 Danette (90') 18h45 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 17h00 Mich (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Pebetsi (70') 09h00 Sean B (90') 	<ul style="list-style-type: none"> 07h00 Ross (90') 09h00 Mandla (90') 10h45 Tammi (70') 	<ul style="list-style-type: none"> 07h00 Ute (90') 09h00 Cecile (90') 15h30 Janoah (90') 	
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28	
<ul style="list-style-type: none"> 06h30 Mandla (90') 09h00 Mandla (90') 17h00 Mich (90') 18h45 Kerry (70') 	<ul style="list-style-type: none"> 06h15 Nozi (60') 09h00 Pebetsi (90') 17h00 Tawana (90') 18h45 Danette (75') 	<ul style="list-style-type: none"> 06h15 Pebetsi (70') 09h00 Tammi (70') 17h00 Danette (90') 18h45 Janoah (75') 	<ul style="list-style-type: none"> 06h30 Tammi (70') 17h00 Mich (70') 18h45 Mandla (75') 	<ul style="list-style-type: none"> 06h15 Ross (70') 09h00 Sean B (90') 	<ul style="list-style-type: none"> 07h00 Pebetsi (90') 09h00 Tawana (90') 10h45 Marishka (70') 	<ul style="list-style-type: none"> 07h00 Ute (90') 09h00 Mich (90') 15h30 Lee (90') 	
Monday 29	Tuesday 30	<div style="border: 2px solid #ccc; padding: 10px; background-color: #fff; margin: 0 auto; width: 80%;"> <p style="text-align: center; margin: 0;">NB: Booking ESSENTIAL register online www.indiehot.co.za</p> </div>				<p>Please Note:</p> <p>Teachers and classes listed on this schedule are subject to change at short notice.</p>	
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