



indiehot

Scheduled Class Timetable

April 2025

- Hatha Yoga
- Hot Vinyasa Flow Yoga
- Hot 26 (Bikram Yoga)
- Vin2Yin Yoga
- Young Warriors - Kids
- Kundalini Yoga
- Power Flow Yoga
- Hot 84 (Bikram Yoga)
- Ashtanga Yoga
- Yin Yoga
- Free Community Class
- Slow-flow Vinyasa

	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	06h15 Nozi (60') 09h00 Janoah (70') 17h00 Kerry L (70') 18h30 Siobhan (75')	06h15 Janoah (70') 09h00 Tammi (70') 17h00 Nozi (70') 18h30 Janoah (75')	06h30 Tammi (70') 13h00 TBA (60') 17h00 Mich (70') 18h30 Danette (75')	06h15 Janoah (70') 09h00 Kerry L (90')	07h00 Tricia (90') 09h00 Mandla (90') 10h45 Mandla (70')	07h15 Janoah (45') 09h00 Mich (70') 10h30 Renata (75') 15h30 Janoah (90')
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
06h30 Mandla (90') 09h00 Mandla (70') 17h00 Janoah (70') 18h30 Marian (75')	06h15 Nozi (60') 09h00 Janoah (70') 17h00 Kerry L (70') 18h30 Siobhan (75')	06h15 Janoah (70') 09h00 Tammi (70') 17h00 Nozi (70') 18h30 Janoah (75')	06h30 Tammi (70') 13h00 TBA (60') 17h00 Mich (70') 18h30 Danette (75')	06h15 Tricia (70') 09h00 Kerry W (90')	07h00 Pebetsi (90') 09h00 Kerry L (90') 10h45 Tammi (70')	07h15 Janoah (45') 09h00 Cecile (70') 10h30 Renata (75') 15h30 Janoah (90')
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
06h30 Mandla (90') 09h00 Mandla (70') 17h00 Janoah (70') 18h30 Marian (75')	06h15 Nozi (60') 09h00 Pebetsi (70') 17h00 Kerry L (70') 18h30 Siobhan (75')	06h15 Janoah (70') 09h00 Tammi (70') 17h00 Nozi (70') 18h30 Janoah (75')	06h30 Tammi (70') 13h00 TBA (60') 17h00 Mich (70') 18h30 Danette (75')	06h15 Pebetsi (70') 09h00 Kerry L (90')	07h00 Tricia (90') 09h00 Mandla (90') 10h45 Mandla (70')	07h15 Janoah (45') 09h00 Mich (70') 15h30 Janoah (90')
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
09h00 Mandla (90') 17h00 Janoah (70')	06h15 Nozi (60') 09h00 Pebetsi (70') 17h00 Kerry L (70') 18h30 Siobhan (75')	06h15 Janoah (70') 09h00 Tammi (70') 17h00 Nozi (70') 18h30 Janoah (75')	06h30 Tammi (70') 13h00 TBA (60') 17h00 Mich (70') 18h30 Danette (75')	06h15 Pebetsi (70') 09h00 Kerry W (90')	07h00 Pebetsi (90') 09h00 Kerry L (90') 10h45 Tammi (70')	07h15 Janoah (45') 09h00 Cecile (70') 10h30 Renata (75') 15h30 Janoah (90')
Monday 28	Tuesday 29	Wednesday 30	<p>NB: Booking ESSENTIAL register online www.indiehot.co.za</p>			
09h00 Mandla (70') 17h00 Marian (75')	06h15 Nozi (60') 09h00 Pebetsi (70') 17h00 Kerry L (70') 18h30 Siobhan (75')	06h15 Janoah (70') 09h00 Tammi (70') 17h00 Nozi (70') 18h30 Janoah (75')	<p>Please Note: Teachers and classes listed on this schedule are subject to change at short notice.</p>			