



## Scheduled Class Timetable August 2024

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

**NB: Booking ESSENTIAL**  
register online [www.indiehot.co.za](http://www.indiehot.co.za)

			Thursday 1	Friday 2	Saturday 3	Sunday 4
			06h30 Tammi (70')  13h00 Siobhan (60') 17h00 Mich (70') 18h30 Danette (75')	06h15 Pebetsi (70') 09h00 Kerry W (90')	07h00 Tricia (90') 09h00 Kerry L (90') 10h45 Sean B (70')	07h00 Hayley (90') 09h00 Mich (70')  15h30 Janoah (90')
Monday 5	Tuesday 9	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
06h30 Danette (90') 09h00 Kerry L (70')  17h00 Mich (70') 18h30 Kerry W (75')	06h15 Nozi (60') 09h00 Pebetsi (90')  17h00 Kerry L (70') 18h30 Danette (75')	06h15 Themba (70') 09h00 Tammi (70') 12h00 Pebetsi (70') 17h00 Nozi (70') 18h30 Janoah (75')	06h30 Tammi (70')  13h00 Samantha (60') 17h00 Mich (70') 18h30 Mandla (75')	07h00 Tricia (70') 09h00 Siobhan (90')	07h00 Pebetsi (90') 09h00 Mandla (90') 10h45 Tammi (70')	07h00 Ute (90') 09h00 Mich (70')  15h30 Janoah (90')
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
06h30 Mandla (90') 09h00 Mandla (70')  17h00 Mich (70') 18h30 Kerry W (75')	06h15 Nozi (60') 09h00 Pebetsi (90')  17h00 Kerry L (90') 18h30 Danette (75')	06h15 Themba (70') 09h00 Tammi (70') 12h00 Pebetsi (70') 17h00 Nozi (70') 18h30 Janoah (75')	06h30 Tammi (70') 09h00 Janoah (70') 13h00 Ivan (60') 17h00 Mich (70') 18h30 Mandla (75')	06h15 Pebetsi (70') 09h00 Kerry L (90')	07h00 Tricia (90') 09h00 Kerry L (90') 10h45 Sean B (70')	07h00 Hayley (90') 09h00 Cecile (70')  15h30 Janoah (90')
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
06h30 Mandla (90') 09h00 Mandla (70')  17h00 Mich (70') 18h30 Kerry W (75')	06h15 Nozi (60') 09h00 Pebetsi (90')  17h00 Kerry L (90') 18h30 Danette (75')	06h15 Themba (70') 09h00 Tammi (70') 12h00 Pebetsi (70') 17h00 Nozi (70') 18h30 Janoah (75')	06h30 Tammi (70') 09h00 Emmaline (70') 13h00 Rea (60') 17h00 Mich (70') 18h30 Mandla (75')	06h15 Tricia (70') 09h00 Kerry W (90')	07h00 Pebetsi (90') 09h00 Mandla (90') 10h45 Tammi (70')	07h00 Ute (90') 09h00 Mich (70')  15h30 Janoah (90')
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31	<b>Please Note:</b>  Teachers and classes listed on this schedule are subject to change at short notice.
06h30 Mandla (90') 09h00 Mandla (70')  17h00 Mich (70') 18h30 Kerry W (75')	06h15 Nozi (60') 09h00 Pebetsi (90')  17h00 Kerry L (90') 18h30 Danette (75')	06h15 Themba (70') 09h00 Tammi (70') 12h00 Pebetsi (70') 17h00 Nozi (70') 18h30 Janoah (75')	06h30 Tammi (70') 09h00 Janoah (70') 13h00 Samantha (60') 17h00 Mich (70') 18h30 Mandla (75')	06h15 Pebetsi (70') 09h00 Kerry L (90')	07h00 Tricia (90') 09h00 Kerry L (90') 10h45 Sean B (70')	