



indiehot

Scheduled Class Timetable February 2024

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

NB: Booking ESSENTIAL
register online www.indiehot.co.za

Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
▶ 06h30 Mandla (90')	■ 06h15 Nozi (60')	● 06h15 Thyag (70')	↘ 06h30 Tammi (70')	● 06h15 Thyag (70')	● 07h00 Thyag (90')	◀ 07h00 Ute (90')
■ 09h00 Mandla (90')	● 09h00 Cecile (90')	■ 09h00 Nozi (90')	❖ 09h00 Zoey (80')	◆ 09h00 Kirsty (90')	↗ 09h00 Kelly (90')	■ 09h30 Evangelia (70')
● 17h00 Zoey (90')	↗ 17h00 Kelly (90')	▶ 17h00 Kerry (90')	● 17h00 Mich (70')	● 17h00 Mich (70')	↘ 10h45 Tammi (70')	
↘ 18h45 Kerry (70')	◆ 18h45 Danette (75')	◆ 18h45 Janoah (75')	↗ 18h45 Mandla (75')	↘ 16h30 Tammi (70')		● 15h30 Lee (90')
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
▶ 06h30 Mandla (90')	■ 06h15 Nozi (60')	● 06h15 Madina (70')	↘ 06h30 Tammi (70')	● 06h15 Ross (70')	● 07h00 Zoey (90')	◀ 07h00 Ute (90')
■ 09h00 Mandla (90')	● 09h00 Zoey (90')	■ 09h00 Nozi (90')	❖ 09h00 Zoey (80')	◆ 09h00 Kirsty (90')	↗ 09h00 Kelly (90')	■ 09h30 Evangelia (70')
● 17h00 Zoey (90')	↗ 17h00 Kelly (90')	▶ 17h00 Kerry (90')	● 17h00 Mich (70')	● 17h00 Mich (70')	↘ 10h45 Tammi (70')	
↘ 18h45 Kerry (70')	◆ 18h45 Danette (75')	◆ 18h45 Janoah (75')	↗ 18h45 Mandla (75')	↘ 16h30 Tammi (70')		◆ 15h30 Janoah (90')
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
▶ 06h30 Mandla (90')	■ 06h15 Nozi (60')	● 06h15 Madina (70')	↘ 06h30 Tammi (70')	● 06h15 Thyag (70')	● 07h00 Thyag (90')	◀ 07h00 Ute (90')
■ 09h00 Mandla (90')	● 09h00 Zoey (90')	■ 09h00 Nozi (90')	❖ 09h00 Zoey (80')	◆ 09h00 Kirsty (90')	↗ 09h00 Mandla (90')	
● 17h00 Zoey (90')	↗ 17h00 Kelly (90')	▶ 17h00 Kerry (90')	● 17h00 Mich (70')	● 17h00 Mich (70')	↘ 10h45 Tammi (70')	
↘ 18h45 Kerry (70')	◆ 18h45 Danette (75')	◆ 18h45 Janoah (75')	↗ 18h45 Mandla (75')			● 15h30 Lee (90')
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	<p>Please Note:</p> <p>Teachers and classes listed on this schedule are subject to change at short notice.</p>		
▶ 06h30 Mandla (90')	■ 06h15 Nozi (60')	● 06h15 Madina (70')	↘ 06h30 Tammi (70')			
■ 09h00 Mandla (90')	● 09h00 Zoey (90')	■ 09h00 Nozi (90')	● 17h00 Mich (70')			
● 17h00 Zoey (90')	↗ 17h00 Kelly (90')	▶ 17h00 Kerry (90')	↗ 18h45 Mandla (75')			
↘ 18h45 Kerry (70')	◆ 18h45 Danette (75')	◆ 18h45 Janoah (75')				