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August 2022

-  Hatha Yoga
-  Hot26 - 90'
-  Hot26 - 70'
-  Hot Vinyasa
-  Power Flow
-  Vin2Yin
-  Hot Pilates
-  Kundalini
-  Yin

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
<ul style="list-style-type: none">  05h30 Cecile (90')  09h00 Nozi (90')  16h45 Michele (90')  18h45 Lexi (70') 	<ul style="list-style-type: none">  07h00 Zoey (70')  09h00 Cecile (90')  16h45 Sean (90')  18h45 Zoey (70') 	<ul style="list-style-type: none">  05h30 Refiloe (90')  09h00 Lexi (90')  16h45 Cecile (90')  18h45 Nozi (70') 	<ul style="list-style-type: none">  05h30 Sean (90')  07h00 Tammi (70')  09h00 Zoey (90')  16h45 Nozi (90')  18h45 Refiloe (70') 	<ul style="list-style-type: none">  05h30 Michele (70')  09h00 Refiloe (90')  10h45 Lila (90')  15h15 Lexi (70') 	<ul style="list-style-type: none">  07h00 Zoey (90')  09h00 Sean (90')  11h00 Tammi (70') 	<ul style="list-style-type: none">  07h00 Hayley (90')  09h00 Evangelia (70')  16h30 Sean (90')
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
<ul style="list-style-type: none">  05h30 Cecile (90')  09h00 Nozi (90')  16h45 Michele (90') 	<p style="text-align: center;">Women's Day</p> <ul style="list-style-type: none">  09h00 Cecile (90')  16h45 Sean (90') 	<ul style="list-style-type: none">  05h30 Refiloe (90')  09h00 Sean (90')  16h45 Cecile (90')  18h45 Nozi (70') 	<ul style="list-style-type: none">  05h30 Sean (90')  07h00 Tammi (70')  09h00 Zoey (90')  16h45 Nozi (90')  18h45 Refiloe (70') 	<ul style="list-style-type: none">  05h30 Michele (70')  09h00 Refiloe (90')  10h45 Lila (90')  15h15 Tammi (70') 	<ul style="list-style-type: none">  07h00 Zoey (90')  09h00 Sean (90')  11h00 Tammi (70') 	<ul style="list-style-type: none">  07h00 Hayley (90')  09h00 Evangelia (70')  16h30 Sean (90')
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
<ul style="list-style-type: none">  05h30 Cecile (90')  09h00 Nozi (90')  16h45 Michele (90')  18h45 Lexi (70') 	<ul style="list-style-type: none">  07h00 Zoey (70')  09h00 Cecile (90')  16h45 Sean (90')  18h45 Michele (70') 	<ul style="list-style-type: none">  05h30 Refiloe (90')  09h00 Lexi (90')  16h45 Cecile (90')  18h45 Nozi (70') 	<ul style="list-style-type: none">  05h30 Sean (90')  07h00 Tammi (70')  09h00 Zoey (90')  16h45 Nozi (90')  18h45 Refiloe (70') 	<ul style="list-style-type: none">  05h30 Michele (70')  09h00 Refiloe (90')  10h45 Lila (90')  15h15 Lexi (70') 	<ul style="list-style-type: none">  07h00 Zoey (90')  09h00 Sean (90')  11h00 Tammi (70') 	<ul style="list-style-type: none">  07h00 Hayley (90')  09h00 Evangelia (70')  16h30 Sean (90')
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
<ul style="list-style-type: none">  05h30 Cecile (90')  09h00 Nozi (90')  16h45 Michele (90')  18h45 Lexi (70') 	<ul style="list-style-type: none">  07h00 Zoey (70')  09h00 Cecile (90')  16h45 Sean (90')  18h45 Michele (70') 	<ul style="list-style-type: none">  05h30 Refiloe (90')  09h00 Lexi (90')  16h45 Cecile (90')  18h45 Nozi (70') 	<ul style="list-style-type: none">  05h30 Sean (90')  07h00 Tammi (70')  09h00 Zoey (90')  16h45 Nozi (90')  18h45 Refiloe (70') 	<ul style="list-style-type: none">  05h30 Michele (70')  09h00 Refiloe (90')  10h45 Lila (90')  15h15 Lexi (70') 	<ul style="list-style-type: none">  07h00 Zoey (90')  09h00 Sean (90')  11h00 Tammi (70') 	<ul style="list-style-type: none">  07h00 Hayley (90')  09h00 Evangelia (70')  16h30 Sean (90')
Monday 29	Tuesday 30	Wednesday 31	<p>Please Note:</p> <p>Teachers listed on this schedule are subject to change at short notice</p>			
<ul style="list-style-type: none">  05h30 Cecile (90')  09h00 Nozi (90')  16h45 Michele (90')  18h45 Lexi (70') 	<ul style="list-style-type: none">  07h00 Zoey (70')  09h00 Cecile (90')  16h45 Sean (90')  18h45 Michele (70') 	<ul style="list-style-type: none">  05h30 Refiloe (90')  09h00 Lexi (90')  16h45 Cecile (90')  18h45 Nozi (70') 	<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>NB: Booking ESSENTIAL</p> <p>www.indiehot.co.za to register</p> </div>			