








Scheduled Class Timetable

August 2023

-  Hatha Yoga
-  Hot Vinyasa
-  Forrest Slo-Flo
-  Hot Pilates
-  Hot26 (Bikram)
-  Power Flow
-  Kundalini
-  Doshic Yoga
-  Ashtanga
-  Vin2Yin
-  Yin

 AUG	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	<ul style="list-style-type: none">  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70') 	<ul style="list-style-type: none">  07h00 Cecile (70')  09h00 Nozi (90')  17h00 Refiloe (70')  18h45 Mandla (75') 	<ul style="list-style-type: none">  7h00 Tammi (70')  09h00 Zoey (80')  17h00 Nozi (90')  18h45 Janoah (80') 	<ul style="list-style-type: none">  06h30 Ross (70')  09h00 Refiloe (90')  15h15 Tammi (70') 	<ul style="list-style-type: none">  07h00 Zoey (90')  09h00 Mandla (90')  11h00 Casey (70') 	<ul style="list-style-type: none">  07h00 Hayley (90')  09h00 Evangelia (70')  15h30 Sean (90')
Monday 7 <ul style="list-style-type: none">  06h00 Mandla (90')  09h00 Mandla (90')  17h00 Pebetsi (90')  18h45 Sindi (70') 	Tuesday 8 <ul style="list-style-type: none">  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70') 	Wednesday 9 Women's Day <ul style="list-style-type: none">  09h00 Nozi (90')  17h00 Refiloe (70') 	Thursday 10 <ul style="list-style-type: none">  7h00 Tammi (70')  09h00 Zoey (80')  17h00 Nozi (90')  18h45 Janoah (80') 	Friday 11 <ul style="list-style-type: none">  06h30 Pebetsi (70')  09h00 Refiloe (90')  15h15 Janoah (70') 	Saturday 12 <ul style="list-style-type: none">  07h00 Zoey (90')  09h00 Sean (90')  11h00 Tammi (70') 	Sunday 13 <ul style="list-style-type: none">  07h00 Hayley (90')  09h00 Evangelia (70')  15h30 Sean (90')
Monday 14 <ul style="list-style-type: none">  06h00 Mandla (90')  09h00 Mandla (90')  17h00 Pebetsi (90')  18h45 Sindi (70') 	Tuesday 15 <ul style="list-style-type: none">  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70') 	Wednesday 16 <ul style="list-style-type: none">  07h00 Cecile (70')  09h00 Nozi (90')  17h00 Refiloe (70')  18h45 Mandla (75') 	Thursday 17 <ul style="list-style-type: none">  7h00 Tammi (70')  09h00 Zoey (80')  17h00 Nozi (90')  18h45 Janoah (80') 	Friday 18 <ul style="list-style-type: none">  06h30 Zoey (70')  09h00 Refiloe (90')  15h15 Tammi (70') 	Saturday 19 <ul style="list-style-type: none">  07h00 Pebetsi (90')  09h00 Mandla (90')  11h00 Casey (70') 	Sunday 20 <ul style="list-style-type: none">  07h00 Hayley (90')  09h00 Evangelia (70')  15h30 Sean (90')
Monday 21 <ul style="list-style-type: none">  06h00 Mandla (90')  09h00 Mandla (90')  17h00 Zoey (90')  18h45 Sindi (70') 	Tuesday 22 <ul style="list-style-type: none">  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70') 	Wednesday 23 <ul style="list-style-type: none">  07h00 Cecile (70')  09h00 Nozi (90')  17h00 Refiloe (70')  18h45 Mandla (75') 	Thursday 24 <ul style="list-style-type: none">  7h00 Tammi (70')  09h00 Zoey (80')  17h00 Nozi (90')  18h45 Janoah (80') 	Friday 25 <ul style="list-style-type: none">  06h30 Ross (70')  09h00 Refiloe (90')  15h15 Casey (70') 	Saturday 26 <ul style="list-style-type: none">  07h00 Pebetsi (90')  09h00 Sean (90')  11h00 Tammi (70') 	Sunday 27 <ul style="list-style-type: none">  07h00 Hayley (90')  09h00 Evangelia (70')  15h30 Sean (90')
Monday 28 <ul style="list-style-type: none">  06h00 Mandla (90')  09h00 Mandla (90')  17h00 Pebetsi (90')  18h45 Sindi (70') 	Tuesday 29 <ul style="list-style-type: none">  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70') 	Wednesday 30 <ul style="list-style-type: none">  07h00 Cecile (70')  09h00 Nozi (90')  17h00 Refiloe (70')  18h45 Mandla (75') 	Thursday 31 <ul style="list-style-type: none">  7h00 Tammi (70')  09h00 Zoey (80')  17h00 Nozi (90')  18h45 Janoah (80') 	<p>Please Note:</p> <p>Teachers listed on this schedule are subject to change at short notice</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>NB: Booking ESSENTIAL</p> <p>www.indiehot.co.za</p> <p>to register online</p> </div>		