

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	
Monday 7 ▶ 06h00 Mandla (90') ■ 09h00 Mandla (90') ● 17h00 Pebetsi (90') ↘ 18h45 Sindi (70')	Tuesday 8 ● 09h00 Cecile (90') ↗ 17h00 Sean (90') ↘ 18h45 Tammi (70')	Wednesday 9 Women's Day ■ 09h00 Nozi (90') ● 17h00 Refiloe (70')	Thursday 10 ↘ 7h00 Tammi (70') ❖ 09h00 Zoey (80') ■ 17h00 Nozi (90') ◆ 18h45 Janoah (80')	Friday 11 ● 06h30 Pebetsi (70') ◆ 09h00 Refiloe (90') ↘ 15h15 Janoah (70')	Saturday 12 ● 07h00 Zoey (90') ↗ 09h00 Mandla (90') ● 11h00 Casey (70') ↘ 11h00 Tammi (70')	Sunday 13 ◀ 07h00 Hayley (90') ◆ 09h00 Evangelia (70') ◆ 15h30 Janoah (90')	
Monday 14 ▶ 06h00 Mandla (90') ■ 09h00 Mandla (90') ● 17h00 Pebetsi (90') ↘ 18h45 Sindi (70')	Tuesday 15 ● 09h00 Cecile (90') ↗ 17h00 Sean (90') ↘ 18h45 Tammi (70')	Wednesday 16 ● 07h00 Cecile (70') ■ 09h00 Nozi (90') ● 17h00 Zoey (70') ↗ 18h45 Mandla (75')	Thursday 17 ↘ 7h00 Tammi (70') ❖ 09h00 Zoey (80') ■ 17h00 Nozi (90') ◆ 18h45 Janoah (80')	Friday 18 ● 06h30 Zoey (70') ◆ 09h00 Sean (90') ↘ 15h30 Tammi (70')	Saturday 19 ● 07h00 Pebetsi (90') ↗ 09h00 Sean (90') ● 10h45 Casey (70')	Sunday 20 ◀ 07h00 Hayley (90') ◆ 10h00 Evangelia (70') ◆ 15h30 Sean (90')	
Monday 21 ▶ 06h00 Mandla (90') ■ 09h00 Mandla (90') ● 17h00 Zoey (90') ↘ 18h45 Sindi (70')	Tuesday 22 ● 09h00 Cecile (90') ↗ 17h00 Sean (90') ↘ 18h45 Tammi (70')	Wednesday 23 ● 07h00 Cecile (70') ■ 09h00 Nozi (90') ● 17h00 Refiloe (70') ↗ 18h45 Mandla (75')	Thursday 24 ↘ 7h00 Tammi (70') ❖ 09h00 Zoey (80') ■ 17h00 Nozi (90') ◆ 18h45 Janoah (80')	Friday 25 ● 06h30 Ross (70') ◆ 09h00 Refiloe (90') ● 15h30 Casey (70')	Saturday 26 ● 07h00 Pebetsi (90') ↗ 09h00 Sean (90') ↘ 10h45 Tammi (70')	Sunday 27 ◀ 07h00 Hayley (90') ◆ 10h00 Evangelia (70') ◆ 15h30 Sean (90')	
Monday 28 ▶ 06h00 Mandla (90') ■ 09h00 Mandla (90') ● 17h00 Pebetsi (90') ↘ 18h45 Sindi (70')	Tuesday 29 ● 09h00 Cecile (90') ↗ 17h00 Sean (90') ↘ 18h45 Tammi (70')	Wednesday 30 ● 07h00 Cecile (70') ■ 09h00 Nozi (90') ● 17h00 Ross (70') ↗ 18h45 Mandla (75')	Thursday 31 ↘ 7h00 Tammi (70') ❖ 09h00 Zoey (80') ■ 17h00 Nozi (90') ◆ 18h45 Janoah (80')	Please Note: Teachers listed on this schedule are subject to change at short notice		NB: Booking ESSENTIAL www.indiehot.co.za to register online	