

# Festive Season Class Schedule

## December 2022

- 👉 Hatha Yoga
- 🟡 Hot26 (Bikram)
- ▶️ Ashtanga
- 🟦 Hot Vinyasa
- 👉 Power Flow
- 🔹 Vin2Yin
- 🟣 Hot Pilates
- 🟡 Kundalini
- 🔴 Yin

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

**Please Note:**  
 Teachers listed on this schedule are subject to change at short notice

				Thursday 1	Friday 2	Saturday 3	Sunday 4
				👉 05h30 Sean (75') 👉 07h00 Tammi (70') 🟡 09h00 Zoey (90') 🟦 17h00 Nozi (90') 🔴 18h45 Refiloe (70')	🟡 06h00 Zoey (70') 🔹 09h00 Refiloe (90') 👉 15h15 Sindi (70')	🟡 07h00 Zoey (90') 👉 09h00 Mandla (90') 👉 11h00 Tammi (70') ▶️ 14h00 Sello (90')	🟡 07h00 Hayley (90') 🟣 09h00 Evangelia (70') ▶️ 14h00 Sello (90') 🔴 16h00 Sean
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11	
🟡 06h00 Cecile (70') 🟦 09h00 Mandla (90') 🟡 17h00 Michele (90') 👉 18h45 Sindi (70')	🟣 07h00 Evangelia(70') 🟡 09h00 Cecile (90') 👉 17h00 Sean (90') 👉 18h45 Tammi (70')	🟡 06h00 Cecile (70') 🟦 09h00 Nozi (90') 🟡 17h00 Refiloe (70') 👉 18h45 Mandla (75')	👉 05h30 Sean (75') 👉 07h00 Tammi (70') 🟡 09h00 Zoey (90') 🟦 17h00 Nozi (90') 🔴 18h45 Refiloe (70')	🟡 06h00 Michele (70') 🔹 09h00 Refiloe (90') 👉 15h15 Sindi (70')	🟡 07h00 Zoey (90') 👉 09h00 Sean (90') 👉 11h00 Tammi (70') ▶️ 14h00 Sello (90')	🟡 07h00 Nicole (90') 🟣 09h00 Evangelia (70') ▶️ 14h00 Sello (90') 🔴 16h00 Sean	
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18	
🟡 06h00 Cecile (70') 🟦 09h00 Mandla (90') 🟡 17h00 Michele (90') 👉 18h45 Sindi (70')	🟣 07h00 Evangelia(70') 🟡 09h00 Cecile (90') 👉 17h00 Sean (90') 👉 18h45 Tammi (70')	🟡 06h00 Cecile (70') 🟦 09h00 Nozi (90') 🟡 17h00 Refiloe (70') 👉 18h45 Mandla (75')	👉 05h30 Sean (75') 👉 07h00 Tammi (70') 🟡 09h00 Cecile (90') 🟦 17h00 Nozi (90') 🔴 18h45 Refiloe (70')	<b>Day of Reconciliation</b>	🟡 07h00 Zoey (90') 👉 09h00 Mandla (90') 👉 11h00 Tammi (70')	🟡 07h00 Nicole (90') 🟣 09h00 Evangelia (70') 🔴 16h00 Sean (90')	
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25	
🟦 09h00 Mandla (90') 🟡 17h00 Refiloe (90') 👉 18h45 Tammi (70')	🟡 09h00 Neil (90') 👉 17h00 Sean (90') 👉 18h45 Tammi (70')	🟡 07h00 Neil (70') 🟦 09h00 Nozi (90') 🔴 17h00 Refiloe (90')	👉 07h00 Kim (70') 🟡 09h00 Neil (70') 🟦 17h00 Nozi (90')	🔹 09h00 Refiloe (90') 🟣 15h15 Evangelia (70')	<b>Christmas Eve</b>	<b>Christmas Day</b>	
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31		
<b>Day of Goodwill</b>	<b>Union Holiday</b>	🟡 07h00 Neil (70') 🟦 09h00 Nozi (90') 🔴 17h00 Refiloe (90')	👉 07h00 Tammi (70') 🟡 09h00 Neil (70') 🟦 17h00 Nozi (90')	🟡 07h00 Refiloe (70') 🔹 09h00 Refiloe (90') 🟣 15h15 Evangelia (70')	<b>Old Year's Eve</b>		
<b>Studio Closed</b>	<b>Studio Closed</b>				<b>Studio Closed</b>		