

















































































































Scheduled Class Timetable

February 2023

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

 FEB	Please Note: Teachers listed on this schedule are subject to change at short notice	Wednesday 1  06h00 Cecile (70')  09h00 Nozi (90')  17h00 Refiloe (70')  18h45 Mandla (75')	Thursday 2  07h00 Tammi (70')  09h00 Zoey (90')  17h00 Nozi (90')  18h45 Refiloe (70')	Friday 3  06h00 Ross (70')  09h00 Refiloe (90')  15h15 Sindi (70')	Saturday 4  07h00 Zoey (90')  09h00 Mandla (90')  11h00 Tammi (70')	Sunday 5  07h00 Hayley (90')  09h00 Evangelia(70')  15h30 Sean
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
 06h00 Mandla (90')  09h00 Mandla (90')  17h00 Thyag (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')	 07h00 Tammi (70')  09h00 Zoey (90')  17h00 Nozi (90')  18h45 Refiloe (70')	 06h00 Ross (70')  09h00 Refiloe (90')  15h15 Sindi (70')	 07h00 Zoey (90')  09h00 Sean (90')  11h00 Tammi (70')	 07h00 Hayley (90')  09h00 Evangelia(70')  15h30 Sean
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
 06h00 Mandla (90')  09h00 Mandla (90')  17h00 Thyag (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')	 07h00 Tammi (70')  09h00 Zoey (90')  17h00 Nozi (90')  18h45 Refiloe (70')	 06h00 Ross (70')  09h00 Refiloe (90')  15h15 Sindi (70')	 07h00 Zoey (90')  09h00 Mandla (90')  11h00 Tammi (70')	 07h00 Hayley (90')  09h00 Evangelia(70')  15h30 Sean
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
 06h00 Mandla (90')  09h00 Mandla (90')  17h00 Thyag (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')	 07h00 Tammi (70')  09h00 Zoey (90')  17h00 Nozi (90')  18h45 Refiloe (70')	 06h00 Ross (70')  09h00 Refiloe (90')  15h15 Sindi (70')	 07h00 Zoey (90')  09h00 Sean (90')  11h00 Tammi (70')	 07h00 Hayley (90')  09h00 Evangelia(70')  15h30 Sean
Monday 27	Tuesday 28	<div style="display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid grey; padding: 5px; margin-right: 10px;"> Starts 14th February Sign Up Now </div> <div style="margin-right: 10px;">  </div> <div style="text-align: center;">  </div> </div> <div style="border: 1px solid grey; padding: 10px; margin-top: 10px; text-align: center;"> <p>NB: Booking ESSENTIAL</p> <p>www.indiehot.co.za to register</p> </div>				
 06h00 Mandla (90')  09h00 Mandla (90')  17h00 Thyag (90')  18h45 Sindi (70')	 07h00 Evangelia(70')  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70')					