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November 2022

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



	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	<ul style="list-style-type: none">  07h00 Evangelia(70')  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70') 	<ul style="list-style-type: none">  06h00 Cecile (70')  09h00 Nozi (90')  17h00 Refiloe (70')  18h45 Mandla (75') 	<ul style="list-style-type: none">  05h30 Sean (75')  07h00 Tammi (70')  09h00 Zoey (90')  17h00 Nozi (90')  18h45 Refiloe (70') 	<ul style="list-style-type: none">  06h00 Michele (70')  09h00 Refiloe (90')  15h15 Tammi (70') 	<ul style="list-style-type: none">  07h00 Zoey (90')  09h00 Mandla (90')  11h00 Tammi (70') 	<ul style="list-style-type: none">  07h00 Hayley (90')  09h00 Evangelia (70')  16h30 Sean (70')
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
<ul style="list-style-type: none">  06h00 Cecile (70')  09h00 Mandla (90')  17h00 Michele (90')  18h45 Sindi (70') 	<ul style="list-style-type: none">  07h00 Evangelia(70')  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70') 	<ul style="list-style-type: none">  06h00 Cecile (70')  09h00 Nozi (90')  17h00 Refiloe (70')  18h45 Mandla (75') 	<ul style="list-style-type: none">  05h30 Sean (75')  07h00 Tammi (70')  09h00 Zoey (90')  17h00 Nozi (90')  18h45 Refiloe (70') 	<ul style="list-style-type: none">  06h00 Michele (70')  09h00 Refiloe (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 (70')
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
<ul style="list-style-type: none">  06h00 Cecile (70')  09h00 Mandla (90')  17h00 Michele (90')  18h45 Sindi (70') 	<ul style="list-style-type: none">  07h00 Evangelia(70')  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70') 	<ul style="list-style-type: none">  06h00 Cecile (70')  09h00 Nozi (90')  17h00 Refiloe (70')  18h45 Mandla (75') 	<ul style="list-style-type: none">  05h30 Sean (90')  07h00 Tammi (70')  09h00 Cecile (90')  16h45 Nozi (90')  18h45 Refiloe (70') 	<ul style="list-style-type: none">  06h00 Michele (70')  09h00 Refiloe (90')  15h15 Tammi (70') 	<ul style="list-style-type: none">  07h00 Refiloe (90')  09h00 Mandla (90')  11h00 Tammi (70') 	<ul style="list-style-type: none">  07h00 Hayley (90')  09h00 Evangelia (70')  16h30 Sean (70')
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
<ul style="list-style-type: none">  06h00 Cecile (70')  09h00 Mandla (90')  17h00 Michele (90')  18h45 Sindi (70') 	<ul style="list-style-type: none">  07h00 Evangelia(70')  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70') 	<ul style="list-style-type: none">  06h00 Cecile (70')  09h00 Nozi (90')  17h00 Refiloe (70')  18h45 Mandla (75') 	<ul style="list-style-type: none">  05h30 Sean (75')  07h00 Tammi (70')  09h00 Zoey (90')  17h00 Nozi (90')  18h45 Refiloe (70') 	<ul style="list-style-type: none">  06h00 Michele (70')  09h00 Refiloe (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 (70')
Monday 28	Tuesday 29	Wednesday 30	<p>Please Note:</p> <p>Teachers listed on this schedule are subject to change at short notice</p>		<p>NB: Booking ESSENTIAL</p> <p>www.indiehot.co.za to register</p>	
<ul style="list-style-type: none">  06h00 Cecile (70')  09h00 Mandla (90')  17h00 Michele (90')  18h45 Sindi (70') 	<ul style="list-style-type: none">  07h00 Evangelia(70')  09h00 Cecile (90')  17h00 Sean (90')  18h45 Tammi (70') 	<ul style="list-style-type: none">  06h00 Cecile (70')  09h00 Nozi (90')  17h00 Refiloe (70')  18h45 Mandla (75') 				