










Scheduled Class Timetable





















































































































September 2022

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

NB: Booking ESSENTIAL
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 (90')  07h00 Tammi (70')  09h00 Zoey (90')  16h45 Nozi (90')  18h45 Refiloe (70')	 05h30 Michele (70')  09h00 Refiloe (90')  10h45 Lila (90')  15h15 Lexi (70')	 07h00 Cecile (90')  09h00 Sean (90')  11h00 Tammi (70')	 07h00 Hayley (90')  09h00 Evangelia (70')  16h30 Sean
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11	
 05h30 Cecile (90')  09h00 Nozi (90')  16h45 Michele (90')  18h45 Lexi (70')	 07h00 Evangelia(70')  09h00 Cecile (90')  16h45 Sean (90')  18h45 Zoey (70')	 05h30 Refiloe (90')  09h00 Lexi (90')  16h45 Cecile (90')  18h45 Nozi (70')	 05h30 Sean (90')  07h00 Tammi (70')  09h00 Cecile (90')  16h45 Nozi (90')  18h45 Refiloe (70')	 05h30 Michele (70')  09h00 Refiloe (90')  10h45 Lila (90')  15h15 Lexi (70')	 07h00 Michele (90')  09h00 Sean (90')  11h00 Tammi (70')	 07h00 Hayley (90')  09h00 Evangelia (70')  16h30 Sean	
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18	
 05h30 Cecile (90')  09h00 Nozi (90')  16h45 Michele (90')  18h45 Lexi (70')	 07h00 Zoey (70')  09h00 Cecile (90')  16h45 Sean (90')  18h45 Zoey (70')	 05h30 Refiloe (90')  09h00 Lexi (90')  16h45 Cecile (90')  18h45 Nozi (70')	 05h30 Sean (90')  07h00 Tammi (70')  09h00 Zoey (90')  16h45 Nozi (90')  18h45 Refiloe (70')	 05h30 Michele (70')  09h00 Refiloe (90')  10h45 Lila (90')  15h15 Lexi (70')	 07h00 Zoey (90')  09h00 Sean (90')  11h00 Tammi (70')	 07h00 Hayley (90')  09h00 Evangelia (70')  16h30 Sean	
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25	
 05h30 Cecile (90')  09h00 Nozi (90')  16h45 Michele (90')  18h45 Lexi (70')	 07h00 Zoey (70')  09h00 Cecile (90')  16h45 Sean (90')  18h45 Zoey (70')	 05h30 Refiloe (90')  09h00 Lexi (90')  16h45 Cecile (90')  18h45 Nozi (70')	 05h30 Sean (90')  07h00 Tammi (70')  09h00 Zoey (90')  16h45 Nozi (90')  18h45 Refiloe (70')	 05h30 Michele (70')  09h00 Refiloe (90')  10h45 Lila (90')  15h15 Lexi (70')	 07h00 Zoey (90')  09h00 Sean (90')  11h00 Tammi (70')	 07h00 Hayley (90')  09h00 Evangelia (70')  16h30 Sean	
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31		
 05h30 Cecile (90')  09h00 Nozi (90')  16h45 Michele (90')  18h45 Lexi (70')	 07h00 Zoey (70')  09h00 Cecile (90')  16h45 Sean (90')  18h45 Zoey (70')	 05h30 Refiloe (90')  09h00 Lexi (90')  16h45 Cecile (90')  18h45 Nozi (70')	 05h30 Sean (90')  07h00 Tammi (70')  09h00 Zoey (90')  16h45 Nozi (90')  18h45 Refiloe (70')	 05h30 Michele (70')  09h00 Refiloe (90')  10h45 Lila (90')  15h15 Lexi (70')	 07h00 Zoey (90')  09h00 Sean (90')  11h00 Tammi (70')		